

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	One bean bag for each student

Get Ready:

- Provide 1 bean bag to each student.

Directions:

- In this activity, you will practice **balancing** by completing a series of movements that require you to **balance your body**.

*Note: Ask children what it means to **balance their bodies**. The answer is that balancing their body is to move in a way that keeps them from falling over.*

- When the activity begins, place the bean bag on your head or lap and **balance the bean bag there as you walk/move** around the room. Try moving **slowly at first, and then more quickly**.

Note: For younger children, explain this means they need to move in a way that keeps the bean bag from falling off their head.

- Once you have that down, I will give you new tasks to try while **balancing** the bean bag on your head.

Tips:

- Have students try **balancing** while **jumping up and down, touching their toes, spinning in circles, standing on one foot, squatting down and up, or while doing arm circles**.
- Have students try **balancing** the bean bag on another part of their body (e.g., back, shoulder, top of foot, etc.)

Standard Connections

Did You Know?

- Today we practiced **balancing**. **Balance** is an important part of all physical activity, and practicing **balance exercises** can help prevent falls!

Show and Tell!

- ✓ **Grades K-2:** Show me which movement was the hardest for you to maintain your **balance**.
- ✓ *Tell me* why you think it was hard.
- ✓ **Grades 3-5:** Tell me how you can use these **balancing skills** in other areas of your life! Show me what those other ways are!

Try This at Home:

- Practice the hardest **balancing exercise** you tried today with a soft object at home. Challenge a family member to see who can walk the farthest with an object on their head!
- Find an activity to do at home that requires a lot of **balance**. For example—riding a bike, skateboarding, surfing, walking across rocks, and yoga!

