



Experimenting with Balance

#306

AGE GROUP



3-5 years



6-12 years

HOW DO I SET UP & PLAY?

Curiosity Sparks - What activities require balance? Where have you lost your balance?

- The aim of this activity is to help children better understand the importance of balance and what it actually is - the ability to maintain a controlled body position while doing tasks or even just sitting still.
- Talk as a group about how our body relies on information from 3 different sources - touch, sight and inner ear. Now practice balancing as a group and use some quick body challenges to determine what type of information (touch, sight, inner ear) affects balance the most. Try some of the following:
 - Everyone stands on one foot only.
 - Use the tape to mark lines on the carpet to simulate a balance beam then walk across with a blindfold and without.
 - Stand with one foot on the ground and another resting on a ball or low chair. Stand on a pillow, cushion, or thick blanket
 - Stand on tiptoes -
 - Turn off the lights or close your eyes while doing any of the above challenges
 - Close one eye
 - Spin around multiple times quickly (looking up, down, or straight ahead).

EXTENDING LEARNING SPARKS

- Practice the balance activities and challenges you chose regularly for an extended period of time (a week or two), then do the experiment again. Did their balance get better?
- Talk together about what challenges and movements affected their balance the most.
- Give children a timer so they can record how long each person maintains balance during each challenge. Review times at the end to find a winner!

WHAT MATERIALS DO I NEED?

- Blindfolds
- Pillows or cushions
- Masking tape
- Balls
- Low chairs/stools



Challenging My
Gross
Motor Muscles



Exploring Simple
Math Concepts



Exploring Simple
Science Concepts