

Can you Balance?

Make sure children are spread out and have space to move.

Can you balance on one foot holding onto the wall?
Can you balance on the other foot holding onto the wall?
Can you balance on one foot without holding onto anything?
Can you balance on the other foot without holding onto anything?
Can you balance equally on both sides? Children usually can balance better on one side than the other. Get them to practice the weaker side so they have equal balance.

Once children can balance on one foot encourage them to get more creative with their body parts:

Can you balance on two feet and one hand?
Can you balance on one foot and two hands?
Can you balance on one foot and the opposite hand?
Can you balance on one foot and the hand on the same side?
Can you balance on two knees and two hands?
Can you balance on two knees?
Can you balance on one knee and two hands?
Can you balance on one knee and the opposite hand?
Can you balance on one knee and the hand on the same side?
Can you balance on two knees and two elbows?
Can you balance on two knees and one elbow?
Can you balance on two knees, two hands and your head?
Can you balance on two knees and your head?
Can you balance on your bottom and two hands with your feet off the floor?
Can you balance on your bottom and one hand with your feet off the floor?
Can you balance on your bottom with your feet off the floor?

Benefits

This develops gross motor skills (and fine motor skills), balance, core strength and spatial awareness (body awareness)