

Balance Activities

How can I balance?

Once children have mastered the art of balancing on different body parts that you have shown them it is a great idea to then challenge them up a little!

Try asking them to show you how they can balance on :

- Two hands and two feet
- Your back
- Your tummy
- Two hands, two knees and your head
- Your side

Encourage children to look at all the possibilities – you might need to show them first! This is a really good problem solving activity and also helps them to learn more about their body parts.