

Healthy Movers

Balancing: My Little Friend

Benefits: Makes children strong.



Where to play: Indoors or outdoors.

Safety: Play on a towel or mat.

Equipment: Soft toy or beanbag.

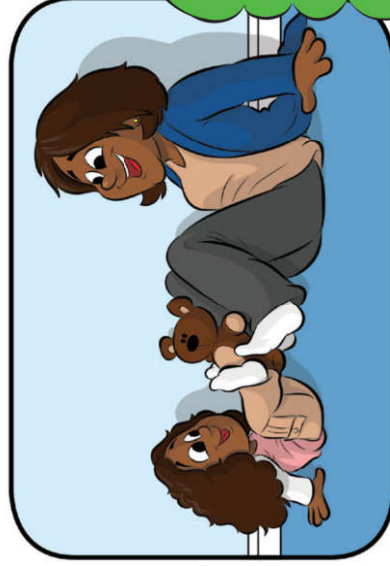
Activity 1

- Can children keep a small toy still on their bodies?



Activity 2

- Can they balance on different body parts and still keep the toy still?



Activity 3

- How long can they balance the toy for?

Activity 4

- Can they pass the toy to you using their feet, hands, elbows?

Change it: Easy – Balance on larger body parts. Use a Velcro ball. Hard – Smaller body parts.