

Healthy Movers

Balancing: My Little Friend

Benefits: Stability, body awareness, stamina



Where to play: Indoors or outdoors **Safety:** Play on a towel or mat if the surface is hard **Equipment:** Cuddly toy or beanbag

Activity 1

Ask children to find lots of different ways to balance a small cuddly toy/beanbag on their body. Suggest some body parts they might try.



Activity 2

Can they balance on different body parts and still find ways to balance the toy?

Activity 3

Can they count how long they can balance the toy for? Which are the tricky ones?



Activity 4

Can they pass their toy to you or a friend using different body parts e.g. foot-to-foot, elbow-to-elbow? Can they try this on different body parts?

Change it: Easier – Balance on larger body parts. Use a Velcro ball **Harder** – Smaller body parts