

Balanced “ it”

Equipment: In order to play this activity you will need:

- Space
- One Die
- Ruler (or something flat)
- Pencil
- Book
- Stuffed Animal



Directions: The object is to roll a die. Complete the challenges corresponding to the number rolled. Continuing rolling until all numbers have been rolled.

“3”

- Balance a ruler on the back of your hand for 30 seconds without dropping it.

“1”

- Balance on your right foot for a count of 10.
- Balance on your left foot for a count of 10.
- Perform a stork stand for 20 seconds.

“2”

- Do an “airplane balance” for 30 seconds. Switch feet halfway through.

“4”

Balance a pencil (on the eraser side) on your finger for 10 seconds.

“5”

- Balance a stuffed animal on your hand while balancing on one foot. Do this for 10 seconds.

“6”

- Balance a book on your head, and walk across the room.