

Balancing Act

Feet together, close your eyes, (Close eyes breath in and out.)
And breath slowly in and out.
Open your eyes.
Lift your right foot and balance on the left. (Balance on left foot.)
Put your arms out straight. (Arms out wide as you balance.)
Now reach for the stars. (Arms up in the air as you balance.)
Place your right foot on the floor
And raise your left foot. (Balance on right foot.)
Put your arms out straight. (Arms out wide as you balance.)
Now reach for the stars. (Arms up in the air as you balance.)
Place your left foot on the floor
And raise your right knee. (Lift right knee and balance on left foot.)
Can you bend your arms like a tree in the wind? (Move arms around.)
Put your right foot down
And raise your left knee. (Lift left knee and balance on right foot.)
Can you bend your arms like a tree in the wind? (Move arms around.)
Place your left knee down.
Raise your right foot. (Straighten right leg in the air and balance.)
Stretch it straight out in front of you.
Place your right leg on the floor.
Raise your left foot. (Straighten left leg in the air and balance.)
Stretch your left leg out straight and raise it high as you can.
Place your left leg on the floor.
Raise your right leg to the side. (Straighten right leg by side.)
Place your right leg on the floor.
Raise your left leg to the side. (Straighten left leg by side.)
Place your left leg on the floor.
Stretch out your arms. (Stretch arms out wide.)

Stand on your left leg. (Balance on left leg.)
Bend forward like an airplane. (Slowly bend forwards as you balance.)
Place your right leg on the floor.
Stretch out your arms. (Stretch arms out wide.)
Stand on your right leg. (Balance on right leg.)
Bend forward like an airplane. (Slowly bend forwards as you balance.)
Place your leg on the floor.
Stand up on tippy toes. (Stretch up on toes and balance.)
Stand still for as long as you can.
Raise your right hand and place (Raise right hand and pat on back.)
It on your back and give yourself a pat.
Raise your left hand and place (Raise left hand and pat on back.)
It on your back and give yourself a pat.
Now close your eyes and slowly breath in and out. (Hug self.)
Let your mind take you to a happy place.

Activities: What is a “happy place”? Draw pictures or write stories about your happy place.
How long can you balance? Let children keep individual records of how long they can balance on their right foot and then their left foot. Do this every day for several weeks. Did they improve?
Put masking tape on the floor and walk on it like a balance beam.
Let children draw lines with chalk on the sidewalk to practice walking forwards and backwards.