Balance Time

![MPj04331790000[1]]()

**intent:**

Experience static and dynamic balance activities that are developmentally appropriate for TK children.

**OUTCOMES:**

* Participants will experience a developmental progression by using a manipulative during static and dynamic balance activities.
* Participants will combine locomotor skills in balance activities and experience moving on different pathways.
* Participants will create bridges within, near, or over a rope shape while balancing.

![MCBS00539A0000[1]]()**Materials Required:**

* 4 to 6-inch rope (e.g., yarn, nylon, clothesline, etc.)
* Yarn ball (1 per person)
* Open space (indoors or outdoors) free of obstacles to move safely

![MCj04326020000[1]]()

 **Time:** 7–8 minutes

![MPj04384510000[1]]() **Process:**

1. Invite participants to partake in balance activities. Each participant needs a rope, a yarn ball, and personal space (Before the activity, scan area to ensure everyone has ample space to move safely). Yarn balls should be placed on the ground until needed. Caution participants not to step on yarn balls while performing the activities.
2. Activity prompts and directions:
	1. Let’s experience some activities where we have static and dynamic balance prompts.
	2. Make a straight line using a rope on the ground. Jump from side to side over the rope. Gallop around the rope.
	3. Make a curved or zigzag line with the rope (known as pathways in motor development). Tip-toe on the rope.
	4. Make a circle, square, or triangle (geometry) on the ground with the rope. Make the shape of your body using the rope. Find shapes in the environment that are the same as your rope shape.
	5. Demonstrate a 2-, 3-, or 4-point bridge within, near, or over your shape (\*See bridge explanation below.). Can you balance a new way using the same or different body points?
	6. Let’s add a little complexity to our balance prompts:
		* Hold your yarn ball and balance on one foot inside the shape. Try the other foot.
		* Balance a yarn ball on an elbow and move the elbow side to side or up and down.
		* Balance the yarn ball on your back while your walk around the room, give handshakes to three people, and return to your shape.
		* Balance the yarn ball on a new body part and walk to a new shape.
3. Is there a new way you can balance the yarn ball and move?

\***Bridge explanation**: Young children can make bridges using various parts on the ground. A bridge can be made with tummies facing up or down to the ground. If two hands and both feet are used, it is called a 4-point bridge. If a child lifts one hand off the ground, it becomes a 3-point bridge. If one hand and one foot are off the ground, it becomes a 2-point bridge. Bridges can be made in the rope shape, over the rope shape, or both in and out of the rope shape—the possibilities are endless. Participants should be cautioned to demonstrate bridges within their limitations. Check the ground for safety and cleanliness.

**OPTIONS:**

* Additional prompts can be created that add variety and challenge the participants.
* All activities can be performed with bean bags if available. Participants can also use both yarn balls and bean bags to experience the difference between the two props.
* Yarn ropes can be made by crocheting a single line to create a rope 4 to 6 inches long, crocheting the rope strengthens the yarn and makes it easier to manipulate.