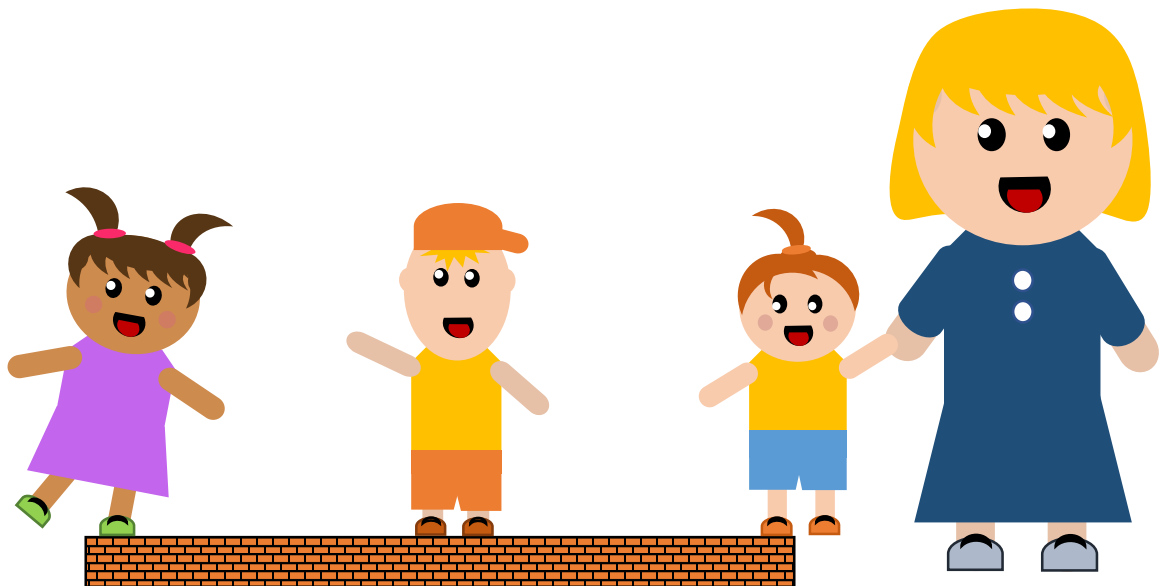


FOR TODDLERS



BALANCING GAME



BALANCING GAME

Objective

The balancing game activity, the vestibular, tactile and kinaesthetic senses are stimulated, in addition to balance - a coordinative ability.

Equipment

No equipment required.

Instructions

1. Find a balancing stick, edge of a wall or sandpit, or a line.
2. Let the children balance alone or with the help of an adult.

Variation

- Walk with long steps, mouse steps, on tiptoes or on the heels. Hold the arms away from the body or close to the sides.
- For a challenge, the children could play aeroplanes leaning their body forwards with one foot backwards. Afterwards, they can balance on the other foot.