



# BALANCING ON UNEVEN TERRAIN



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## **Objective**

By practising to walk over sticks, stones, rock, etc., the balancing skills of the children are challenged.

## **Equipment**

No equipment required.

## **Instructions**

1. Find suitable excursion sites or nature areas in the preschool's outdoor space.
2. Use the nature and add balancing exercises where the children balance on sticks, tree stumps, stones and rock.

## **Variation**

- Challenge the children to count how many stones they can manage to balance on.
- Pretend that the ground is lava, where the children shall step on, e.g. stones and not on the ground where the lava is extremely hot...