

# BALANCE WALK






Balance a stuffed animal on your head and walk from a starting marker, around an end marker and back. If it falls, do 1 turn before you pick it up.

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Home Learning Activity



## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Stuffed Animals:** Small ones work best. Use sock balls or small pillows as an alternative 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Balance and walk for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Balance Multiple Items:** Add 1 item each time
1. **Race Against Someone:** Go head-to-head against someone else

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