

Creative balances

Let's play and talk together

- ❖ Show your child different ways to balance, e.g. stand on one leg, stand on tiptoes, balance on two knees and one hand, etc. Invite your child to copy your actions.
- ❖ Take turns showing one another ways to balance using different body parts, e.g. two hands and one foot, elbows and knees, etc.
- ❖ Play "Puzzle Balances." Invite your child to try and balance with different combinations of body parts, e.g. on your bottom and two elbows. Call out a number for how many body parts can touch the floor.
- ❖ Take turns thinking of balance challenges. Encourage your child to think of tricky balances for you to try.



A good read-together book



The Little Red Hen and the Grains of Wheat
by L.R. Hen and Jago

You will need an open space for active play.

This activity is good for practicing body awareness, balance and creativity, learning the names of body parts and following directions.

Hints for success

- ❖ Start with easy balances and then move to harder ones.
- ❖ Say the names of different body parts as you play the game.

Can you balance on a part that has no toes or fingers?

Show me how you can balance with four parts touching the floor.

Ways to say it

More ideas for Creative balances

Try this way

- ❖ Encourage children to discover new ways of balancing and describe what they've done.
- ❖ Invite children to try balancing with a partner by touching different body parts, e.g. touching hands, leaning on each other's backs, matching bottoms, etc.



Early Literacy

Read the **Upside Down** poem together. Talk about how other creatures balance and move on different body parts.

Read **The Little Red Hen and the Grains of Wheat**. Look at the pictures and talk about where balancing is happening in each picture.

Read **Make It Balance** and try some of the experiments shown in the book.

Book link

Make it Balance by David Evans
and Claudette Williams

Upside Down

It's funny how beetles
and creatures like that
can walk upside down
as well as walk flat.

They crawl on a ceiling
and climb on a wall
without any practice
or trouble at all.

While I have been trying
for a year (maybe more)
and still I can't stand
with my head on the floor.

Aileen Fisher