Healthy Movers
Balancing: My Little Friend

Benefits: Makes children strong.

Where to play: Indoors or outdoors. Safety: Play on a towel or mat. Equipment: Soft toy or beanbag.

Activity 1
- Can children keep a small toy still on their bodies?

Activity 2
- Can they balance on different body parts and still keep the toy still?

Activity 3
- How long can they balance the toy for?

Activity 4
- Can they pass the toy to you using their feet, hands, elbows?