



## Practice Balance Beam

- **Supplies:** Make a straight line on the sidewalk with a piece of wide (3 inches) duct tape or masking tape. You can also use chalk if you don't have a tape.
- **Activity:** Treat the tape as a balance beam. Ask your child to pick up one foot and place it in front of the other as he walks across, have your child try not to slide his feet along tape. Encourage your child to make sure his feet stay on the beam. Let your child walk forward and backward with his arms out to the side to maintain balance.
- **Advanced Challenge:** For more challenging practice balance beam, place a bean bag on your child's head or shoulder and have him try not to drop it as he walks across the tape. If your child's skills and confidence are more developed, you can use a street curb as a beam. Make sure the curb is not higher than 6-8 inches of the ground. This is a height from which a child can easily jump or step down from if he loses balance and not hurt themselves. Stand beside your child as he walks and hold his hand, as standing in front or behind your child may throw him off balance.

### What is your child learning?

Balance is one of the most important skills children can develop; it takes time and practice, it can be learned through activities such as balance games. Having balance makes motor skills easier and reduces the likelihood of injuries; it increases the probability that your child will be actively involved with games and sport activities with their peers.

For more information please go to:

<https://www.primroseschools.com/blog/3-balancing-games-to-practice-with-your-preschooler/>

