

# 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.

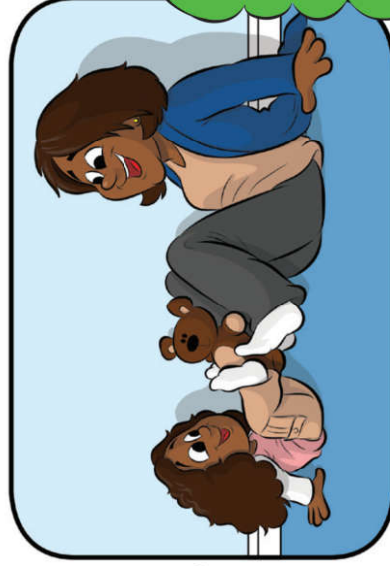
### Activity 1

- 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?

**Change it:** Easy – Balance on larger body parts. Use a Velcro ball. Hard – Smaller body parts.