



## Balancing Act

Pre-K Standards:

Physical Development: 1.PK.1, 2.PK.1, 2.PK.3, 3.PK.1



### Instructions:

1. Make a line on the floor with painter's tape
2. Walk heel-to-toe on the tape.
3. Balance on one foot, every few steps
4. Repeat.

**Variation:** Add music and when the music stops balance, hold something on your hands or point to a particular part on the face while balancing (eye, nose, ear, etc.).

### Skills:

- Balance
- Spatial awareness

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