



CLASS 2 | BALANCING ACT WORKSHEET

TBH “Balancing Act” Exercises

Here are some simple balance exercises to try as a class and also on your own.

WALL WALKING EXERCISE:

1. Walk the length of the wall, resting one hand lightly on it if needed for support.
2. Repeat, this time walking heel-to-toe.
3. Finally, repeat both segments of the activity without touching the wall (if you are able).

STANDING BALANCE CHALLENGE: *Conduct this activity near the wall or sturdy chair if you need help with balance.*

1. Stand in place and balance on one foot for 30 seconds. Repeat with your other foot.
2. Stand with your hands on your hips. Lift your left leg off the floor, bending it back at the knee. Hold for 30 seconds. Repeat with right leg. For an extra challenge, try standing on a soft cushion or pillow.

STANDING BALANCE CHALLENGE WITH WEIGHTS: *Conduct this activity near the wall or sturdy chair if you need help with balance.*

Hold a light weight in your right hand, arm bent so that the weight is at waist level. Lift your left bent leg (as above), and hold for 30 seconds. Repeat on the other side. For an extra challenge, try standing on a soft cushion or pillow.

SIMON SAYS *(In Class Exercise):*

Play *Simon Says*, using these exercises plus others, such as hopping, heel-toe walking, and gentle jumping jacks.