

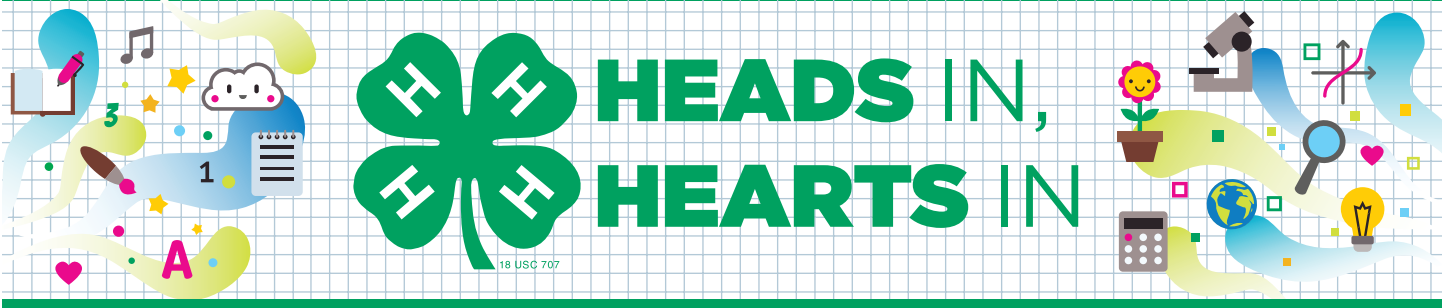
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Paper plates (1 per participant)
- Crayons
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Set up the display table with necessary supplies.





Paper Plate Balance

Guide for Families

Learning Objectives

What you need to know:

Balance is an important skill. We use it to maintain controlled body positions while doing activities or tasks such as sitting in a chair, riding a bike, running and walking. By practicing balance, you increase confidence to master gross motor activities and participate in physical activities such as sports, and create a strong core that supports hands and arms used for drawing, cutting and writing.

What you will do and learn:

You will practice the skill of balance by balancing a paper plate on your head. It's okay to be creative while practicing balance.

Instructions

1. Take a paper plate.
2. Take a guess as to how long you can walk while having the plate balanced on your head (for example, a count of 10, a count of 20 or any other count).
3. Balance the plate on your head.
4. Once the plate is balanced, walk around the room while an adult counts out loud using the number you decided on for the goal.
5. If the plate falls on the floor before you meet the goal, start over.
6. Once you meet the goal, try to balance the plate on your head and walk around:
 - On tiptoes.
 - Walking on your heels.
 - With one eye closed.
 - With your hands on your hips.
7. Switch roles with an adult to see if he or she can balance the plate.
8. When you are done, decorate the plate using the crayons.