



Back-to-School Balancing Act

ACTIVITY

Students balance a hardcover book on their heads while walking in a straight line from point A to point B.

EXTENSIONS

Tape a rope to the floor, and have students “walk the tightrope” while balancing different objects on their head. An apple, lunchbox, or any random item will do. Ramp up the challenge an extra notch, and try this on a balance beam!

SKILLS

Balance exercises help kids develop physical coordination and mental focus.

FIELD DAY PREP

This exercise gradually builds skills and confidence for end-of-year Field Day activities like the Chicken and Egg Game and the Snow Cone Challenge. If space allows, keep your balance station in place throughout the month and encourage kids to practice on their own during free-choice times.



Share your stories on RandomActsofFitness.com