

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Balance Cards

Game Description:

Calming cool down activity,

Objective:

Try to hold the balance pose for 5-10 seconds.

Game Rules:

Spread the children out in the playing area. Show children a picture of the balance pose and have them try it out for 5-10 seconds as a group. Our balance cards are available for FREE online at -

/sites/default/files/ctools/Balance%20Card%20instructions%20Medium%20Space%20Classroom%20things%20to%20do%20

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Rhythm