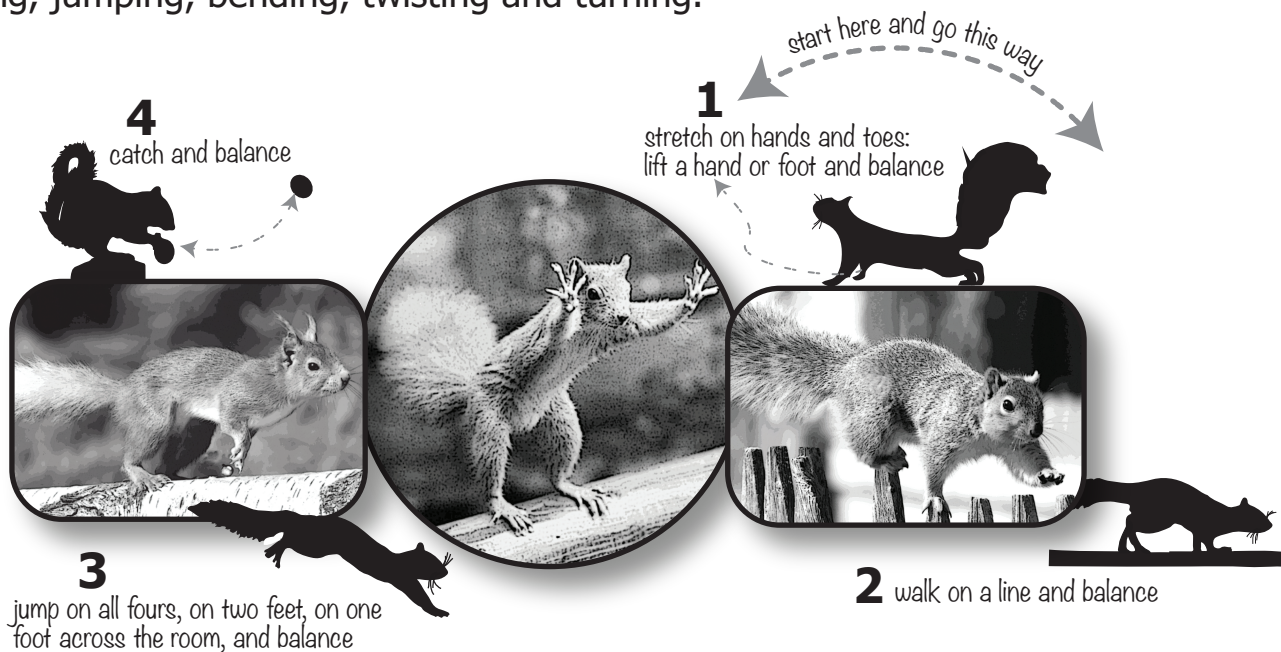


Have you ever watched a squirrel balance on a branch?

Squirrels have amazing balance when they move, and they are so fun to watch! Balance takes practice. The more you practice, the better you get. Let's practice balancing when you're moving, like a squirrel. Are you ready?

"Squirrely Feats" Activity: Look at the pictures and imagine you are a squirrel climbing, jumping, bending, twisting and turning.



Try these activities too!

Line Walk: Lay a long piece of tape on the floor. Start with a straight line then make a zig-zag or curved line for more challenge. Practice walking with one foot in front of the other-heel to toe.

Kick it UP: Put your hands on the floor and kick up one leg behind you. For an extra challenge kick one leg, then the other, or even both legs together. **Bobble & Balance:** Stand on a pillow holding a toy. Lift one leg while you keep your balance. Try lifting the other leg and balance again. Stand on different objects and see if you can hold your balance. Try it outside in the grass, sandbox, or on an hill. For a super challenge, gently toss the ball in the air while you balance on one foot.

Fishing Fun Bucket Game

Balancing on one foot pick up a fabric fish (or small stuffed toy) and place it on top of your foot. Try to balance while lifting your foot to place the fish in a bucket.

