



Balance Beam

Handout B47



How this activity supports physical development:

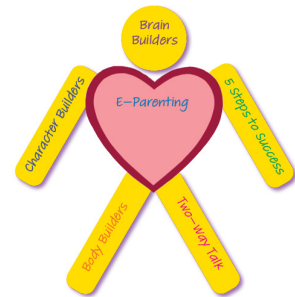
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Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my child:

- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Lay several cushions, pillows, books, or other safe objects for your child to walk on in a line on the floor.
3. **HOLD** your child's hand, support them to learn how to balance and walk along the line of objects. As they go, use Step 3 of **Two-Way Talk** to describe their movements. **You're walking ON TOP of the pillow.**
4. As their confidence grows, change the order or add objects to make it more challenging.