

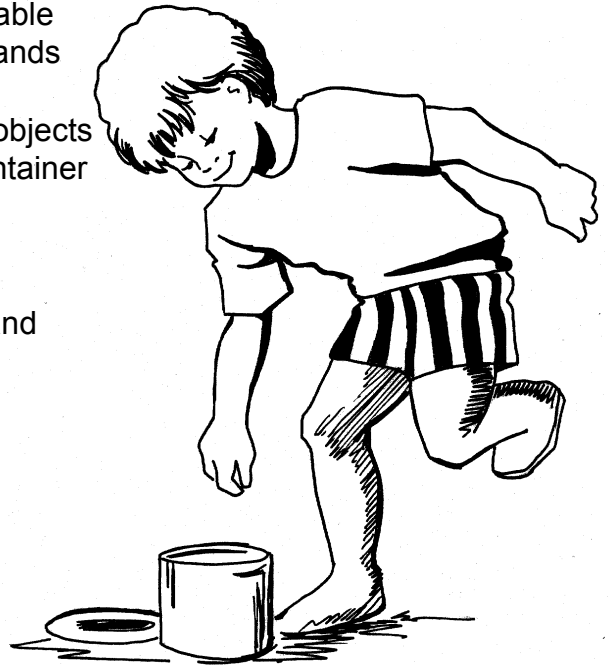
KIDS *in action*

13. One-Foot Balance Game

Place 5 small objects on an unbreakable dish near another container. Child stands on one foot in front of the dish and container. Ask the child to move the objects one at a time from the dish to the container without losing balance.

Variations:

Vary the distance between the dish and the container. Time the game.



14. Inch Worm

Child bends over placing both hands on the floor. The feet are kept stationary while the hands walk forward as far as possible. Then the hands remain stationary while the feet walk forward as close to the hands as possible. Repeat the cycle.

15. Egg Roll

Sit on the floor with the legs drawn up to the body and the knees spread outward. Holding the feet with the hands, roll over to the right, across the back to left, and return to the sitting position. Keep the hands around the feet throughout.

