



Balance Beams

Form balance beams by stacking wooden blocks and/or planks of various sizes, taping a line on the ground, or drawing chalk on the ground. Encourage children to stand and/or walk on the beam. Some children with delayed gross motor skills or physical disabilities may find it difficult to balance. Provide your hand or an object to hold, or modify the thickness or height of the beams, as necessary. For more challenge, encourage children to modify with their own ideas (e.g., add turns, curves, or elevation).

Narrate and Label

Focus and Attention

“I see that your eyes are looking at the balance beam. You’re really focusing on keeping your balance as you walk across the beam.”

Managing Behaviors

“Putting your arms out to your side helps you keep your balance. I like the way you are trying something difficult – nice job!”