

## Ann's Creative Corner

### Project #555: Balancing Ideas!

- Let's make a balancing beam area!
- Gather some long and short pieces of wood such as 4" by 4" studs of wood.
- Other heights and widths could also be used.
- Place these onto a secure surface with a good underlay such as carpets or foam interlocking mats.
- Add some other details to this such as items you may step over. These could be things like a soft cushion, a stuffed animal, or other soft toys.
- Be sure all items are safe and secure.
- The wood must be free of sharp edges and have no wood that may have splinters or nails into them.
- If you would like to create a zig zag effect, try some flatter 2' by 4 inch pieces too. This would be better for the younger children and Toddlers.
- Foam interlocking mats could also be made into a zig zag idea.

**Activity:** Set up and balance on your balancing course. Add more obstacles as you improve your balance. Take away some items or change the items as it suits the capabilities of the children. Do the Limbo! "Chubby Checker" music!

