

WALKING ON LINES

What to do:

1. Choose which lines you will walk on.
2. You can use sidewalk lines, draw lines with chalk on the sidewalk, or draw lines on paper to put on the floor.
3. Ask your children to observe you walking on the lines.
4. Hold arms straight out as you balance and alternate feet, walking one foot in front of the other, from one end of the line to the other.
5. Ask children to follow and practice walking on lines as you have modeled.

Materials:

Sidewalk lines or chalk to draw lines on the sidewalk or pencils to draw lines on paper.



Why is this activity important?

PHYSICAL (Balancing): Teaching children to practice walking on lines helps them to control their body, develop balance and perfect equilibrium. This activity also strengthens the mind's control of the body's movements.