



Safety

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Use area with safe and dry landing surface.



Instructions

- Scatter household items you can balance on around the room (boxes, cushions, chairs, etc).
- Have someone in the family be in charge of starting and stopping music.
- When the music starts move around the room however you would like.
- When the music stops find the closest object and balance on that surface with both feet for thirty seconds.
- Each family member counts how many times they lose balance in thirty seconds (when both feet end up on the ground).
- Try balancing on one foot to make it more challenging.