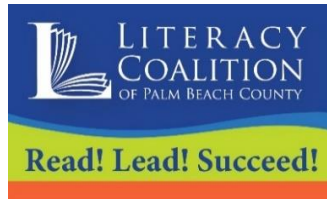


READ and THINK before you ACT.



Leading through Reading

Keeping Balance in Your Life (3-5)

READ

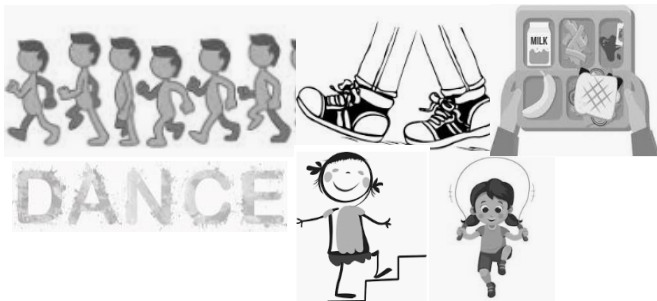


Balancing is a stretching activity for your brain. When you concentrate on balancing your body or balancing things, your mind is set a little free from stress. As a bonus, if you keep doing balancing activities, your body will become better able to do simple tasks such as sitting. If you are better at sitting still, you will improve at listening and at thinking things through.

You will be able concentrate better on more difficult learning. Balance exercises are good for your schoolwork! It is important not to sit still around the house. Try balancing exercises each day!

THINK

How do you already use balancing in your day?



What types of work require balancing skills?



ACT



1. Find a jump rope or tightly roll up a sheet or a few beach towels. Place it or them in a straight line on the ground to create a safe tightrope. Then, try to walk and balance on the make-believe tightrope.
2. Find some coins. Carefully concentrate. Try to balance them on their edge. Which one balances better? Is it a penny, a quarter, a nickel or a dime?
3. Help with chores around the house. Put clean dishes in a cabinet. Help to serve a meal. Walk the dog. Walk around the house with a dust rag. Which chores do you think require balancing?



[More Balancing Activities](#)

[Exercises for Special Needs Students](#)

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. *Read! Lead! Succeed!* is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to nbirardi@literacyabc.org