Balancing Act Checklist

**STATION 1:**
Balance a peacock feather on your:

_________ palm
_________ fingertip
_________ nose

**STATION 2:**
Walk the tightrope without falling off!

_________ line
_________ circle
_________ square

**STATION 3**
Count to ten and balance on your:

_________ right foot
_________ left foot
_________ toes
_________ knees
_________ seat

**STATION 4**
Move from spot to spot without stepping off!

_________
**STATION 5**
Move from one end of the balance bean to the other and:

- _______ walk
- _______ side step
- _______ Tiptoe
- _______ backwards
- _______ crawl

**STATION 6**
Perform the following noodle challenges:

- _______ walk from one end to the other
- _______ tiptoe from one end to the other
- _______ balance on the right foot
- _______ balance on the left foot
- _______ balance the noodle on your head

**STATION 7**
Count to ten and balance on your:

- _______ two hands and two feet with stomach facing the floor
- _______ two hands and two feet with stomach facing the sky
- _______ one hand and two feet with stomach facing the floor
- _______ one hand and two feet with stomach facing the sky
- _______ one hand and one foot with stomach facing the floor
- _______ one hand and one foot with stomach facing the sky

**STATION 8**
- _______ Place a beanbag on top of your head. How many times can you walk around the outside of the station areas without letting the beanbag fall off your head?