

**M**ission:

## 24. Balance Puzzle

**O**RGANIZATION:

**Materials:** Balance puzzles.

**Books:** *From Head to Toe* by Eric

Carle

**Set up:** Children should be in a semi-circle facing you in the large group carpet area with enough room to move and balance in various positions.



You will need to create a number of “balance puzzles” for this activity. Begin by explaining to children the purpose of the balance puzzles, making sure they know each body part the various balance puzzle represent, and demonstrate how the balance puzzles work. Take turns showing the children each balance puzzle and see if children can problem solve to figure out how to balance using the identified parts in the puzzle.

**V**ARIATIONS:

Children might be asked to balance matching various body parts directly to the puzzle or you may

just show the puzzle and children have to decide how to perform the particular balance.

**E**XTRA  
TIPS:

For children who have more difficulty with this puzzle, they will be more successful if they are allowed to match various body parts directly to the puzzle.

## Balance Puzzle

**C**HOOOSE:

Once children have tried out the various balance puzzles, ask them if they can figure out a new way to balance.

**A**SSESS:

### Development and Learning Objectives:

- TSG 11c - Solves Problems
  - Early Learning Standard 9.3 - Problem Solving, Benchmarks 1, 2, 3
- Physical:*
- TSG 5a - Static Balance
  - Early Learning Standard 8.2 - Large Motor Development, Benchmark 1

**R**ELATE:

Two children could be asked to work together to figure out one puzzle or two children could be asked to come up with a new way to balance, then demonstrate it for the group.

**E**NERGIZE THE BRAIN (EF):

Children will need to problem solve how to balance using the various body parts shown in the balance puzzle, by remembering what each shape represents. The new combinations shown practice working memory and cognitive flexibility.

