

# Junior Fun Activities

## 3 to 5 Years

### FUN with BALANCING

#### Materials Required

A book/basket/plastic bowl

#### Objective

To develop gross motor skills.  
Develops focus and control over movement.

# Let's play

## What to do?

- 1** Paste a broad tape on the floor.
- 2** Tell the child to walk on it first keeping toe to heel. (to and fro)
- 3** Second time around, the child needs to walk on it with his/her hands outstretched, focusing on not stepping out of the tape.
- 4** For the third round, place a light book on his head and encourage the child to walk with his/her hands outstretched.
- 5** Every time remember to remind the child to walk heel to toe
- 6** Parents can give a demo before each round.

