

# Finding your balance

An activity for children and young people

This simple exercise can be adapted to use with children of any age and takes about 10 minutes. It is particularly useful at the beginning of the day or after any sort of transition. It should be done as calmly and slowly as possible, allowing children time to breathe, relax, wobble and possibly giggle!

## Instructions:

- Stand with your feet hip width apart.
- When you feel comfortable with your posture, gently close your eyes.
- Begin by feeling where your weight is generally falling – to the front/back/side of your feet?
- Gently rock your weight to each side and front and back, feeling how your body responds and noticing where you are comfortable.
- Carefully move your weight onto one foot and slowly peel the other foot off the floor. If you can, balance there for a few moments. When you are ready to put your foot back down, do so with full awareness and as slowly as you can.
- Repeat onto the other foot.
- Finally, become aware again of where your weight is falling.
- Slowly open your eyes.
- Ask the children what they noticed about their bodies and minds.

