

Dear Family,

In my class today, we used a floor-level balance beam to explore balance.

Did You Know?

- Movement helps children learn. It is important for physical fitness. Movement helps the whole child. It can help build confidence. Children like to learn how their own bodies work. Our activity challenged the children. They followed movement cues. They had to keep their balance to stay on the balance beam. The children had to control their bodies to keep their balance. If they moved too fast, they could step off the beam.

Ask Your Child:

- Tell me what you did with the balance beam.
- Explain what you needed to do to stay on the balance beam.
- What did you do to keep your balance?

Activities To Do With Your Child:

- Create a floor-level balance beam outside by drawing a thick line with chalk. With your child, practice different methods of walking along the line—for instance, walking heel, toe, heel, toe, or turning sideways to walk along the line.
- Go to your local playground, and walk along the lines of the basketball court using different movements such as hopping, sliding, taking giant steps, and skipping, or take a stick along and pretend to be a tightrope walker in the circus.

Vocabulary To Use With Your Child:

- **movement** – a motion or way of moving.
- **balance** – the state of being steady in the body.
- **cue** – anything done or said that is a signal to say or do something else.
- **mass** – a body of matter.
- **balance beam** – a long, horizontal beam—usually made of wood and raised above the floor—on which to perform balancing routines.
- **stable** – firm or steady; not likely to move.