



BODY BALANCE

Khalil in Lebanon loves this game because it improves his coordination. Can you show us your Body Balance moves?



SET UP

Number of players: 1 or more
Age: Suitable for all ages
You need: Nothing



GOALS

Stay active by developing body coordination at home.



HOW TO PLAY

- 1) Call out different body parts.
- 2) Players place those body parts on the floor to balance themselves.
- 3) The balanced positions must be held for at least three seconds.
- 4) Let the players have a few tries to master the position.
- 5) Take it in turns to let each player suggest a balance.

Two hands and one foot

One elbow and two knees



TALK

Which position was difficult to perform and why?

Why should we all stay active when we are inside our homes?



WHAT NEXT?

- Play this game with friends on video app catch ups
- Tag us in your photos on social media using #PlayAtHome
- For more games, visit: righttoplay.org.uk/playathomeuk

