

# Balance and Go



**EQUIPMENT** No equipment

**SET-UP** Participants stand a safe distance apart from each other in the activity area.

## ACTIVITY

- Pick one participant to be the “leader”.
- While the other participants walk around the activity area, the leader calls out either “balance” or “go”.
- When participants hear “balance”, they perform a balance of their choice. Encourage participants to hold a different balance each time using different heights and body parts (e.g., on one foot, side plank, warrior pose, etc.).
- When participants hear “go”, they return to moving throughout the activity area. Encourage participants to gradually increase the intensity of their movement (e.g., walk, hop, skip, gallop, run).



BALANCE AND YOGA