



Quick Idea for Unit 1.1

Waiting Time = Balance Time

Preschool kids spend a lot of time waiting. You can use this inevitable waiting time to work on balance.

Put unstable surfaces around your classroom in places where children have to wait, such as by the sink or by the door to the playground. Some wobbly surfaces you can try:

- cardboard bricks
- sofa cushions
- 2x4s
- 2x4s with a rope running lengthwise underneath
- half domes

While your children are waiting, they will also be working on their core strength and vestibular development.



Activity for Unit 1.1

Rice + Hose + Paint = Full Body Fun

Cut the legs off an old pair of panty hose and put about a cup of rice in the foot of each leg. Tie each leg off close to the top. For extra fun and core work, have an upturned 5 gallon bucket, step stool or stump for children to stand on.

Pour some paint onto a tray. Put the tray on one side of the upturned bucket or stool, and put a piece of poster board on the other side. Let the children figure out how to get the paint onto the poster board using the rice/hose. Make this a collaborative art project by adding more hose/rice sets, more trays of paint, and more platforms for kids to stand on. Use a long piece of bulletin board paper and make a class masterpiece.

*Tip: Add a squirt of dishwashing liquid to the paint to make clean up much easier.