



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20
YEARS

OF Premier
Education

Mindful Balancing

Sponsored by Premier Education

Overview: A simple game that ties together physical and mental focus.

Time: 10 minutes.

Equipment required: None!

Benefits:

- Improves sense of balance and body awareness.
- Doesn't need any equipment.
- Encourages children to be calm, present and as still as they can be.
- Builds strength in the legs and core.

Balancing:

1. The children spread out across a room, with ample space between them.
2. Tell the children to pick a point slightly below eye level to stare at.
3. Each child lifts a leg off the ground - their knee bent at a right angle.
4. Challenge them to see how long they can stand on one leg.
5. No hopping allowed! The children should be calm and centred.

The challenge:

1. Once children start toppling, invite everybody to swap legs.
2. This time, if they lose their balance they should sit down where they stood.
3. Introduce elements, challenging them to stay focused on their point. Walk around the room talking to them, for example.
4. Invite them all to sing Happy Birthday or another well-known song.
5. The last person standing wins - swap legs and try again!