

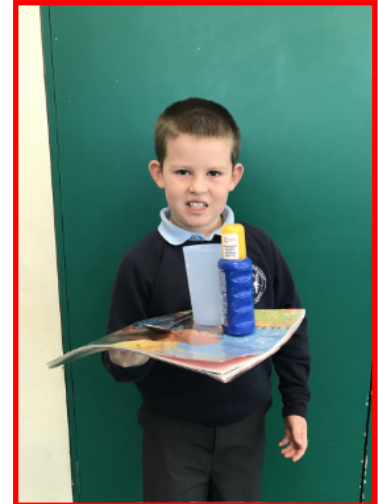
Balance Board

Top Tip

Try to look ahead
and not at the ob-
jects on the board!

- 1— Place 5 objects on the floor.
- 2— Take 3 steps back to a starting position.
- 3— Walk out to the objects and select one.
- 4—Place that object on the board and walk back to the starting position.
- 5—REPEAT. Just add more objects to the board until you drop one or you collect all 5.

#StayHomeStayActive



Equipment

- 1 tray, large book or similar.
- 5 random objects that will not roll.

Achieve Gold

4 or more objects

balanced.



Achieve Silver

2-3 objects

balanced.



Achieve Bronze

1-2 objects

balanced.

