

# Ball Roll

This activity helps thinking by using movement.

## **Step 1. Balance**

Lie on the floor, on your back, with your head and shoulders lifted off the floor. Bend your knees and lift your legs so your feet are off the floor and your knees come up close to your head. Now wrap your arms around your legs below the knees. Now only your lower back should be in contact with the floor.



## **Step 2. Roll**

**Look at a target directly above your head** - your helper may hold a torch for you to watch. Now while still in the same position with only your lower back touching the floor, **slowly** roll your body to one side, but try not to lose your balance or roll onto your side. Keep looking at the torch. Your feet should not touch the floor. How far can you roll your body without rolling onto your side? Now try rolling the other way while keeping your balance.

### **Step 3. Rock**

Now while still in the same position with only your lower back touching the floor, **looking at the torch, slowly** rock your body from side to side, but try not to lose your balance and roll over onto your side. How far can you rock without rolling onto your side? Keep rocking from side to side without losing your balance.