


Walk the Line

DIRECTIONS

This is an activity that improves balance and activates both hemispheres of the brain.



EQUIPMENT

A string or rope for doing this activity on dirt or on the grass; chalk for doing this activity on cement.

SET-UP

Make a line of about 20 feet with a piece of rope or draw the line with chalk.

OBJECT OF THE GAME

Follow directions and keep your balance - it is harder than you might think!

PLAY

Each turn, players must walk along the line or next to the line in the manner specified.

You will want to master each activity before moving on to the next one.

1. Walk the line from heel to toe. This is where your child puts one foot directly in front of the other foot. This increases the difficulty of maintaining one's balance.
2. Walk forward on the line, heel to toe.
3. Walk backwards on the line, heel to toe.
4. Walk heel to toe with your eyes closed.
5. Walk sideways, leading with the right foot.
6. Walk sideways, leading with the left foot.
7. Walk the line, turning gently in a clockwise or counter-clockwise direction.



MORE ADVANCED WALK THE LINE ACTIVITIES

Walk zigzag lines in the same way as described above.

Walk curved lines in the same way as described above.

Do the same activities as described above but increase your speed.

THINGS TO LOOK FOR

1. Did the child stay on the line?
2. Were they able to place their feet precisely while walking heel to toe when walking forward?
3. Were they able to place their feet precisely while walking heel to toe when walking backwards?
4. Did the child maintain balance as they walked, or did they become unbalanced?
5. Did the child appear stressed?
6. Are the arms relaxed or held awkward to help maintain balance?

Keep doing these activities over time and you will see improvement in balance, flexibility and accuracy.

Activity adapted from [A Life in Balance](#) by Frank Belgau