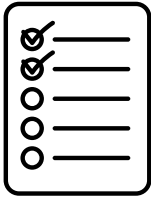


COUNTING/MATCHING BALANCE INSTRUCTIONS



OPTION 1: WHAT YOU WILL NEED

1. Our counting/matching cards
2. Printer and scissors
3. Painters tape or floor tape

STEP 1

Print and cut out the cards.

STEP 2

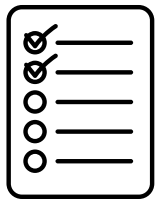
Place the tape on the ground to make an 8 ft line on the floor.

STEP 3

Place one match at one end of the line and the other match at the other end of the line.

STEP 4

Walk the line to retrieve a match. Some ideas include walking: forward, backward, sideways, with a space between feet, without a space between feet, using baby steps, or monster steps.



OPTION 2: WHAT YOU WILL NEED

1. Our counting/matching cards
2. Printer and scissors
3. A step stool
4. Chair and pillow (Optional)

STEP 1

Print and cut out the cards. Place one match on a table and one match on an adjacent chair (easier) or on the ground (harder).

STEP 2

Place one foot on the step stool and one foot on the ground. Hold this position (do not step up).

STEP 3

Keep your balance while you reach to find a match.
Level up: Challenge yourself by putting a pillow under one of your feet.

Why?

Improves body awareness, balance, and motor planning