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| **Balance Beam**Using an actual gymnastics beam isn’t the only way for a child to learn balance skills. Indoors, use painters tape to make a straight line on the floor. Encourage your child to walk forwards, backwards, and sideways. [link to tightrope activity] Outdoors, use a plank of wood, a rope, or make a line with chalk for the same activity. When your child masters a straight line, add semi-circles or zigzags to add a bit more of a challenge.**Skills developed:** balancing |
| **Dance Party**Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your kids twist, macarena, floss, dance like their favourite animal, or freestyle their way to fun.**Skills developed:** agility, balance, coordination |
| **Bubble Play**Use various sizes and types of bubble wands and have kids blow their own bubbles or blow them yourself and have kids chase and pop them.**Skills developed:** agility |
| **Fill the Bucket Water Game**Provide your child with a cup and two buckets (one smaller, one larger). Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. Have your child scoop water from the larger bucket and fill the smaller one. To make the game more challenging, put small holes in the cup or have your child dance as they move from bucket to bucket.**Skills developed:** agility, balancing |

