

Walk the Line

Outcome: This activity increases children's upper and lower body strength as they walk the line. Walking with one foot in front of the other enhances their balancing skills, while running will help strengthen their muscles, maintain a healthy weight, and improve their coordination.

Materials Needed: Painter's tape for inside surfaces or sidewalk chalk for outdoors.

How:

Make lines on the floor and have your children walk the lines!

- Using painter's tape or sidewalk chalk, create lines on the floor.
- Make some lines straight, some curvy, diagonal, parallel, and zig-zag. You can also use different colours for each type of line to make it more interesting and enjoyable.
- Have your child "walk the line," placing one foot in front of the other to practice balancing.
- Give them a variety of movements to do, such as hopping, jumping, and running while they walk the lines.