

TIGHTROPE WALKING



GET ACTIVE



15 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Imagine you're a tightrope walker and take on this activity to test your balancing skills.

You'll need to create a 'tightrope line' to walk along. If you have tape, then place this on the floor. A long line along a hallway would be ideal. Alternatively go into the garden and use chalk.

Practice walking along the line imagining you are on a tightrope! Can you stay on without stepping off the line? Real tightrope walkers do this high in the air - imagine how scary that would be.

As your balance improves try balancing a book on your head and walk along the line without the book falling! Now can you do it blindfolded? (Very tricky!)

Finally, make different shapes on the floor with the tape. You could make spirals, zigzags or even make a maze to tightrope on.



WHAT YOU'LL NEED

- Tape or chalk
- Book
- Blindfold



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of the activity with your BB group or post on social media using #BBatHOME.