

Rope Walking

How does it help students?

- Allows students to work on balance, concentration and body awareness

What will we need?

- Spool of yarn

How do we do it?

- Lay out the yarn in a pattern on the ground, like a spiral.
- Have students either walk directly on the yarn, balancing as if it were a tightrope.

Source: <https://www.youtube.com/watch?v=gK3xnKSUWSc>