



**BALANCE & COORDINATION**  
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## Brain & Body Warm-Ups

*Lesson 1*

**EMOTIONAL BALANCE:** The ability to keep emotions under control in unsteady social & emotional situations.

*On the first day of class, Juan used High-5 breathing to help him stay relaxed.*

**High-5 Breathing:** [\[YouTube\]](#)

We're are going practice High-5 Breathing as a way to keep our emotions and our heart rate balanced. Hold out your hand like you're giving a high-5. With the pointer finger of your opposite hand, slowly trace up all of your fingers staring at the outside bottom of your pinkie or thumb.

As you trace up, inhale slowly. As you trace down, exhale slowly. Continue breathing and tracing all 5 fingers.

## Purposeful Practice

*Lessons 1*

**PHYSICAL BALANCE:** The ability to adjust your body's weight in order to remain upright and/or steady.

*Caitlin used her arms to help her find her physical balance as she walked on the sidewalk lines.*

**Odd & Even Balance Rollers:**  
[\[YouTube\]](#)

Use the game board to play by yourself or with a friend or family member. The object is to move your game piece from start to finish.

Roll the die. If you land on an odd number balance on 1 body part. If you land on an even number balance on 2 body parts. Continue rolling and moving your game piece from start to finish.

## Just for Fun (and health)

*Lessons 1*

**ENJOY:** To have a fun time.

*We enjoy playing balance and activity games in physical education class.*

**Jumping Jello:** [\[YouTube\]](#)

Make a circle with a jump rope (or a couple of shoelaces). The circle is a big bowl of fruity Jello! Jump into the bowl of fruity Jello and bounce 5 times before you jump out of the bowl.

Next, try to create new ways of jumping in the Jello. Can you jump high and low? Soft and quiet? How many different ways can you jump?

Every time you jump, say the name of a food that is good for you.