



BALANCE & COORDINATION
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Brain & Body Warm-Ups

Lesson 3

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.

Equal Breathing: [\[YouTube\]](#)

We're are going practice Equal Breathing as a way to keep our emotions and our heart rate balanced.

Sit or stand comfortably. Focus on breathing. As you take a deep breath into your lungs, count slowly to 5.

As you slowly let the air out with an exhale, slowly count to 5. Take 5 equal breaths with a 5-count inhale and a 5-count exhale.

Purposeful Practice

Lesson 3

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.

Balance Pathway: [\[YouTube\]](#)

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. Move and complete the challenge shown on the pathway stone. Balance on the foot, hand, or combination shown for 10 seconds. Celebrate with 10 jumping jacks before rolling again. Continue from start to finish.

Just for Fun (and health)

Lesson 3

RESPECT: A feeling of honor for the feelings and rights of others.

We respect the health of our classmates, so we wear our masks while we're together.

Red Light, Green Light: [\[YouTube\]](#)

The object of the game is to move during green lights and stop on red lights. Score a point every time you stop immediately on a red light.

Teacher starts as the leader. Call Green Light and students jog in place. Call RED LIGHT and students must freeze. Everyone who froze right away gets 1 point. Keep track of your own points.