

Walking Tactile Planks with one foot on the floor

Build N' Balance 6.a



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1112



Activity info

Senses



Proprioceptive



Vestibular



Tactile



Visual

Age

3-4 years

Activity guidelines

Instruction

- Build a low, straight trail using Tactile Planks
- Encourage the child to start with both feet on a Tactile Plank
- First step: the child places one foot on the floor
- Rhythm and commands are: down, walk, up, down, walk, up

Mastery

- The child is able to maintain the balance by putting the feet together on Tactile Planks
- The child is able to continue taking steps by moving the back foot forwards

Assesment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

Read more about how to assess this on page 13.

About Build N' Balance

Exciting and challenging balancing system. The elements can be combined in countless ways so use your imagination to set up all the balance courses and landscapes you can build. With the great flexibility of Build N' Balance®, the level of difficulty can be varied to suit the development levels of the children.

Dimensions



Art 2236/2237

Walking sideways along Tactile Planks

Build N' Balance 7.a



Activity info

Senses



Proprioceptive



Vestibular



Tactile



Visual

Age

3-4 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1115



Activity guidelines

Instruction

- Build a course with Tactile Planks on low tops
- The child moves sideways along the Tactile Planks
- The child keeps their balance at each step
- Once they have completed the course, the child must try to walk with the other foot first

Mastery

- The child is able to keep their balance on the Tactile Planks
- The child is able to adjust their step length

Assesment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

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Dimensions



Art 2236/2237

Walking a sloping course of Tactile Planks

Build N' Balance 8.a


Activity info

Senses

-  Proprioceptive
-  Vestibular
-  Tactile
-  Visual

Age

3-4 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1118



Activity guidelines

Instruction

- Build a course with Tactile Planks sloping between red and yellow tops
- Encourage the child to move straight ahead rather than sideways
- Allow the child to balance confidently on the top before starting on the next Tactile Plank

Mastery

- The child is able to keep their balance on the Tactile Planks
- The child is able to adjust their step length

Assesment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

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Dimensions



Art 2236/2237

Walking a course of Tactile Planks taking short steps

Build N' Balance 6.b



Activity info

Senses

-  Proprioceptive
-  Vestibular
-  Tactile
-  Visual

Age

4-5 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1121



Activity guidelines

Instruction

- Build a course with Tactile Planks on low tops
- Encourage the child to take small steps backwards on the Tactile Planks
- Allow the child to balance confidently on the top before starting on the next Tactile Plank

Mastery

- The child is able to keep their balance on the Tactile Planks
- The child is able to look over their shoulder while moving backwards

Assessment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

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Dimensions



Art 2236/2237

Getting a child to change direction while walking along Tactile Planks

Build N' Balance 7.b



Activity info

Senses

-  Proprioceptive
-  Vestibular
-  Tactile
-  Visual

Age

4-5 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1124



Activity guidelines

Instruction

- Build a course of six Tactile Planks, using two planks from each of three colours
- Lay the Tactile Planks in a random colour order
- Assign a specific movement – forwards, backwards, sideways – to each plank colour
- Encourage the child to memorise how to walk on each colour

Mastery

- The child is able to memorise and recall how to walk on each colour
- The child is able to keep their balance when changing from one direction to the next

Assessment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child. Read more about how to assess this on page 13.

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Dimensions



Art 2236/2237

Walking parallel courses of Tactile Planks

Build N' Balance 8.b


Activity info

Senses

-  Proprioceptive
-  Vestibular
-  Tactile
-  Visual

Age

4-5 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1127



Activity guidelines

Instruction

- Build two parallel courses with Tactile Planks
- Build the course with two Tactile Plank types opposite each other
- Encourage the child to walk with one foot on each course
- Encourage the child to take small steps

Mastery

- The child is able to keep their balance during weight transfer
- The child is able to adjust their step length

Assesment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

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Dimensions



Art 2236/2237

Walking along Tactile Planks of different textures

Build N' Balance 7.c



Activity info

Senses

-  Proprioceptive
-  Vestibular
-  Tactile
-  Visual

Age

5-6 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1130



Activity guidelines

Instruction

- Build a course of six Tactile Planks, using two planks from each of three colours
- Lay the Tactile Planks in a random colour order with different heights and slopes
- Decide how to walk on each Tactile Plank, for example, forwards, sideways or backwards
- Encourage the child to remember how to walk along each plank

Mastery

- The child is able to memorise and recall how to walk on each plank
- The child is able to keep their balance on the Tactile Planks

Assessment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

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Dimensions



Art 2236/2237

Feeling the textures of the Tactile Planks

Build N' Balance 8.c



Activity info

Senses

-  Proprioceptive
-  Vestibular
-  Tactile
-  Visual

Age

5-6 years



Watch the video

Scan the QR-code to access a video of the activity or follow link:

learning.gonge.com/video/1133



Activity guidelines

Instruction

- Lay three Tactile Plank types on the floor
- Allow the child to sort the planks according to which they feel is most comfortable
- Build a trail in accordance with the child's sorting
- Allow the child to walk on the planks, paying attention to how they register the feel of the planks under their hands and feet

Mastery

- The child is able to concentrate on the feel of the planks under their feet or The child is able to concentrate on feeling the texture of the planks under their feet

Assessment

Observe whether the challenge is in the child's proximal zone of development, or whether it is either too easy or too difficult for the child.

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Dimensions



Art 2236/2237