

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