Players try balancing different objects to see which shapes are easiest to balance.

**What you need**

- Various balancing objects, such as balancing poles (made from rolled up newspaper and sticky tape), feathers (easier), shoes, plastic chairs, baseball caps and broom handles (harder)

**What to do**

- Players balance various objects to see which shapes are easiest to balance.
- Players use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin.

**Scoring**

- How long can you hold a balance for?

**Safety**

- Check there is enough space between players/groups and that players are away from walls or obstacles.
- When balancing objects on the head, the chin or the forehead are the safest places. Objects balanced on the nose can slip and fall into the eye.
- Players should not run around while balancing objects.

**Ask the players**

- What objects balance the best, or the worst?
- How could you ‘act’ to make your balancing act look dangerous and exciting? (e.g. pretending that an object is very heavy or very precious and cannot be dropped or broken).

**Learning Intention:**

Balancing act is an introduction to balancing objects, which encourages spatial awareness. It combines well with plate-spinning activities.