

Areas of Learning

Balance and stillness



The Early Years Foundation stage recognises physical development is crucial and places it as one of the prime areas of learning. The EYFS wants children to develop their co-ordination, control and movement. Children need to experiment with different ways of moving, negotiating space, travelling with confidence, and balancing.

Therefore, it is important to not only consider the fast, bold, quick, large physical movements but also the control and strength it takes to be slow, calm, still and balanced.

Does your setting have a good balance between the two?

Task 1

Use the clip below – what examples did you see of how they used the large ball to aid balance and stillness.

<https://youtu.be/fVYICR2I2Ro>

Can you add to this list of how to use the ball to encourage children to use their balancing skills or practice how to be still?

How could you embed these practical ideas into everyday practice and with different ages.

Task 2

Ensure stillness is a routine part of a child's day by carving out a regular time to rest and be still. Ensure it happens regularly and naturally, such as before and after mealtimes.

Create a list of activities you could practice and encourage stillness, here are some to get you started-

- Stand on a log and close your eyes
- Lay down and watch the clouds
- Hug a tree
- Stand in the garden and listen to the sounds
- Lay on your tummy and listen to some music
- Curl up into a ball and count to 20
- Sit with a stone and feel it for 1 minute with your eyes closed
- Listen to a poem with your eyes closed
- Stand and hold a friends hands and your eyes closed for one minute

Try using sound to create stillness opportunities. https://youtu.be/uUIGKhG_Vq8-