

Balancing Books



People in many parts of the world carry items on their heads instead of in their arms or on their backs. In *Caps for Sale*, the peddler balances 16 caps on his head as he walks through the town selling his wares. Let's see what it would be like to balance something on our heads while walking. Let's try using books!

You'll need:

Hardcover books

A timer, clock or watch with a second hand

Activities to try:

- Children each take a book to practice balancing it on their heads. Using the timer, see who can balance one book for the longest amount of time (without touching the book). Add more books to see who can balance the most books for the longest time.
- Now ask children to try walking with the books balanced on their heads. Who can balance the most while walking? Can anyone keep the books balanced while standing on one foot? How about while going down on one knee and then back up again?
- Set up a relay race. Each team member walks the length of the room with a book on his/her head, touches the wall, and walks back, handing the book to the next team member. The team that completes the task first wins. Remind the children: no holding onto the book with your hands! Now try the same game with multiple books.
- Set up an obstacle course. Have children complete the course while balancing books on their heads.