



Balancing Bella loves hiding in a den!
Can you build a den from a blanket and 3 chairs? You'll have to stretch your body as you reach up high and keep your balance as you crouch down low.

RESOURCES:

3 child size chairs, one large blanket, peg and short pieces of rope

TEACHING POINTS:

Encourage a range of high and low movements when building their den. Can they safely balance on chairs to reach up higher?

MAKING IT HARDER:

- Encourage working in small groups and consideration of every person's input
- Teach the children some simple knots to secure the den with the ropes

MAKING IT EASIER:

- Add some pictures of simple dens to inspire
- Scaffold learning with an adult or older child to suggest "could you crawl under there?" or "could you stretch up on your toes to reach this?"

LINKS TO THE EARLY LEARNING GOALS:

PD, M&H - Children handle equipment and tools effectively

EAD, BI - Children represent their own ideas, thoughts and feeling through design and technology