

# CIRCUS ACT

**Gross Motor Skills:** Stability—Balance, bending, and stretching

**Suggested Ages:** 2+ years

**Suggested Materials:** Music; one hula hoop, floor spot, or carpet square per child



## How to Play:

Invite children to perform in front of a big audience at a pretend circus.

Lead children by saying “I can balance on just....”

- One foot
- Hands and knees
- Fingers and knees
- Knees (no feet touching)
- Tummy (no hands or feet)
- Bottom (no hands or feet)

## Variation:

- Play circus-style music to start/stop this activity
- Use a taped line, a jump rope, or the edge of a rug as a “tight rope.” Encourage children to continue their pretend circus by walking along this tight rope.
- Ask children to wave to the crowd and thank them for coming to the circus as they perform their tricks.