



#FontanaTogether

Cotton-Ball Balance

Equipment:

- Cotton-balls
 - If you don't have cotton-balls, anything that can balance on a spoon will work)
- Spoon
- Bowls (2-4 depending on the number of participants)
- Stopwatch/timer

Skill Emphasized:

- Cardiovascular endurance, balance

Organization:

1. Arrange an open floor space between 2 bowls.
2. Pick which bowl will be the starting area, and fill that one up with cotton balls (or the object you decide to use)



Cotton Ball Transfer

Instruction:

Warm up and stretch before any type of physical activity!!

1. Participants will hold a spoon and attempt to scoop a cotton-ball out of the bowl and balance it on their spoon.
2. Once they have gained their balance, instruct them to practice walking to the other bowl and place the cotton ball inside of the empty bowl.
3. Once the participant has had some practice, the competition begins!
4. On your command, begin a timer for 5mins and see how many cotton balls participant successfully place in the bowl opposite to the starting point. *If the cotton-balls drops, participant must start over*

Modifications/Variations:

- Place obstacles to make the task more challenging.
- Besides walking, add an additional exercise for participant to travel with the cotton-ball
 - Crawl (hands and knees)
 - Bear Crawl (hands and feet only)
 - Crab walk
- Increase difficulty by having participants place the spoon in their mouth and balance the cotton.
 - Repeat previous instructions

