



Bucket Balance Race

Say: “In West Africa, people have a wonderful sense of balance. They do much of their work by carrying different items on their head. They start carrying small items when they are young, which helps develop the neck muscles so they can balance heavier things as they get older. Also, the women always carry their babies in a sling on their back.”

Place the children into two lines for a relay race. Ask the first child in each line to balance the bucket on their head and tie the baby doll on their back. They must walk to the other side, circle a chair and return to the end of their line. (They will most likely have to use their hand to balance the bucket – it is not easy.)

They should then pass off the bucket and baby doll to the next person. (If the boys don’t want to use the baby doll, you can eliminate this element and allow the girls to practice after the relay race.)

For additional fun on hot summer days, you can put a little water in the bucket before each person walks.