

## Balance Ball Activity



*The ball represents the body; the children's hands on the ball represent different systems of the body.*

1. Using a balance ball, ask each child to hold the ball above their heads together.
2. The ball represents the body, and the children represent the different systems of the body.
3. Ask your student to imagine they have an illness or health challenge of some kind, like a tummy bug.
4. Explain that when we have a tummy bug, different systems in our bodies are affected, like our immune and digestive systems.
5. Now, ask the children representing the affected system to each take a hand off. For example, if a child represents the digestive or immune systems, their hand will come off.
6. Help them see that the ball may wobble a little but doesn't fall. Explain that this is how our body works. We can handle a setback to our health and manage these different challenges without losing our balance. **Keeping Balanced** is how we stay well.
7. Ask them to imagine someone who is experiencing a serious illness that affects multiple systems at the same time. Get them to each take a hand off one at a time until the ball falls down. Explain that when we are really unwell, we might need medical help because more systems are compromised, and we do then need medical intervention to regain balance.
8. Now finish the activity by concluding with the **Most Idea: most of the time, most people will get better from most illnesses without that medical intervention.** Ensure your students are left with the positive message that it's rare for us to become seriously unwell (e.g., for the balance ball to drop) and need professional medical help.