

Ames Public Library @HOME Activities

Balance

Balance is an important part of our everyday life. Balance is an even distribution of items across one axis. We see it in science, sports, and art. For instance in ecology, balance means there is a good diversity of species; in art balance could mean that the artwork has a sense of stability. See a related video on the Library's YouTube Channel at <http://bit.ly/APLvideos>.

Books and media:

Title	Author / Performer	Call Number:
<i>Balancing Act</i>	Walsh, Ellen Stoll	E WAL
<i>Janice VanCleave's Wild, Wacky and Weird Physics Experiments</i>	VanCleave, Janice Pratt	J 530.078
<i>Super Simple Experiments with Mass: Fun and Innovative Science Projects</i>	Polinsky, Paige V.	J 531 POL
<i>Toad Overload: A True Tale of Nature Knocked Off Balance in Australia</i>	Seibert, Patricia	J 597.87
<i>Awesome Engineering Activities for Kids: 50+ Exciting STEAM Projects to Design and Build</i>	Schul, Christina Herkert	J 621 SCH
<i>DIY Circus Lab for Kids: A Family Friendly Guide for Juggling, Balancing, Clowning and Showmaking</i>	Davis, Jackie Leigh	J 791.3
<i>Gymnastics</i>	Gifford, Clive	J 796.44
<i>Bill Nye the Science Guy - Balance</i>	Nye, Bill	J 531.14 (DVD) NYE

At Home Activity: Balance that Egg!

Bag Contents

- 1 Spoon
- 1 “Egg”

Using a spoon and a spherical object, such as the “egg” provided, is a great way to understand the concept of balance. First go to an open space, then place the “egg” on the spoon to see how to balance a spherical object on a flat surface. After finding a good balance for your egg, walk your egg and spoon across the room.

- How long did it take to walk across?
- How did walking affect the balance of the egg?
- How did walking with the egg and spoon affect your personal balance?

Now try walking the same distance faster and see if what happens.

To make the activity more challenging, try walking on your tippy toes while holding your egg in the spoon!

- Does this make balancing harder?
- Why or why not?

Have fun exploring your sense of balance with the egg and spoon.

Source - <https://www.primroseschools.com/blog/3-balancing-games-to-practice-with-your-preschooler/>

Vocabulary

Axis – an imaginary line about which a body rotates.

Balance in art – the distribution of colors, texture, and space. There are different types of balance including symmetrical balance, asymmetrical, and radial.

Counterbalance – the weight that balances another weight.

Ecological balance – the state of dynamic equilibrium within a community of organisms with gradual changes.

Equal – being the same in quantity, size, degree, or value.

Equilibrium – when opposing forces are balanced.

Force – the push and pull upon an object, which leads to an interaction between two objects.

Symmetry – the quality of being exactly the same around an axis or facing each other.