

# SHAKER STATIONS

Stability Skills

## Objective

To practice and improve stability skills, such as, balancing, bending, stretching, turning, and twisting.

## Description

1. Create “shakers” by placing 1-2 dice in a small plastic container.
2. Place “shakers” in the middle of the activity area and place 6-12 activities with numbers on the walls or around the perimeter of the space.
3. On the signal to go (music), participants move to the middle and shake a container. The number on the die or dice reveals the number that they move to on the wall.
4. Once at the wall, participants perform the activity at that station. Shaker stations can include a multitude of activities depending on the skills participants are working on, such as, v-sits, lunges, one-foot balances, wall push-ups, half-stability ball balances, and hula hoop activities. For sample station cards, visit [www.playeducation.ca/resources](http://www.playeducation.ca/resources).

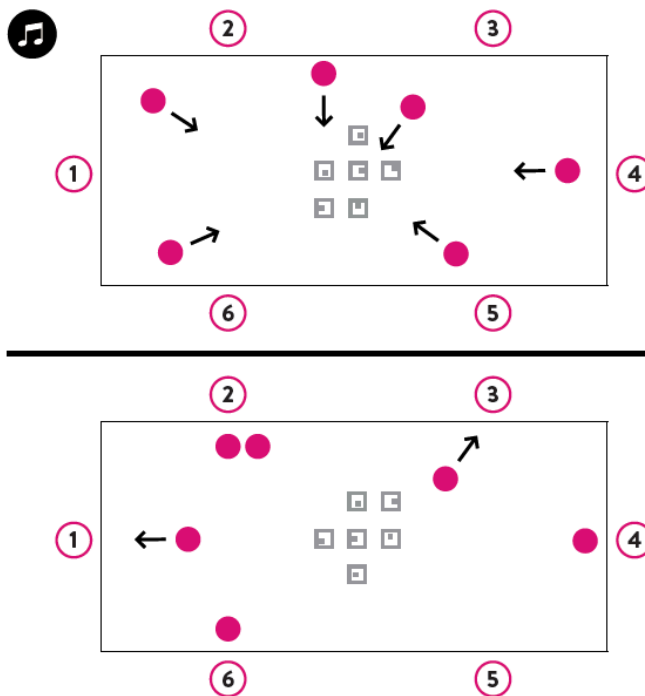
83

## Equipment

- 5-10 “Shakers” (small plastic containers) with dice (1-2 dice per shaker)
- 6-12 station activity cards with a number on or beside each card
- Station equipment (if necessary)

## Tune Suggestion

- I Like to Move It  
by Erick Morillo & Sacha Baron Cohen
- This Girl  
by Kungs & Cookin’ On 3 Burners



84