

ROLLING DOWN A HILL

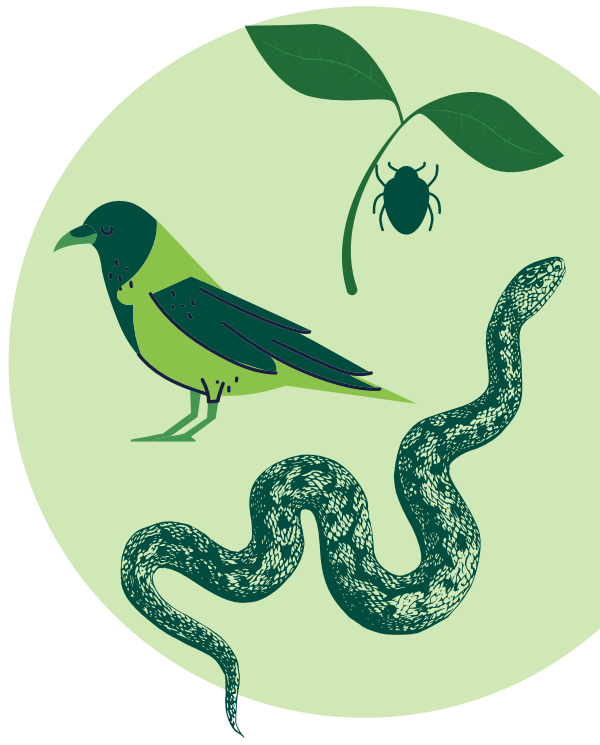


STEP 1: FIND A GRASSY HILL

Any grassy hill or incline will do. Make sure the grass is nice and short and that you wear sturdy clothes that can get dirty and cover arms, legs and mid-riff to protect your body from any scratches or rashes.

STEP 2: WATCH WHERE YOU ROLL

Before rolling down make sure you inspect the area where you plan to roll to make sure there are no animals such as snakes or spiders, or little birds or insects or plants you can disturb. If you find any any, please look for another place to roll.



STEP 3: ROLL DOWN

Hold your arms stretched above your head with your upper arms in front of your face and your legs close together. To stop rolling too fast you can break with your arms in front of you chest and by bending your knees.

STEP 4: REPEAT

How does it feel to roll down your hill?
Try rolling back up. How does that feel?
Do you have a favourite hill to roll down?
To read fun stories about rolling down hills, have a look at
You can also draw your adventure, or try sliding down on a piece of



Why is rolling down a hill is so good for healthy child development?

It activates the vestibular (balance) sense and supports spatial awareness. For more information look up [Balanced and Barefoot](#)