

Balance Challenge



Concept
Mindset



Length
15-20 Minutes

Inquiry Prompts

- What kinds of activities or responsibilities are you balancing now?
- Why is balance important?

Instructions

In this fun experiment, students try to balance some coins off of the side of a desk. They learn that the principles of balance apply to their responsibilities as well as to building a ledge of coins.

Check out this video to see how it's done: [Hoopla Kids Lab Balance Coins Experiment](#).

- 1 Challenge students to build a ledge of coins that overhangs a desk.
- 2 You can either have students work in groups with a pile of coins for each group, or ask for volunteers from the class to try to balance the coins over the edge of your desk.
- 3 If students are successful, ask them to explain how they were able to accomplish a balanced ledge.
- 4 If students cannot build the ledge, model it for them (see the video link above).

Message for students: Each coin plays a role in keeping the balance of the whole structure. Now imagine each of the coins is an activity or responsibility that you have, like school, chores, sports, etc. It's just as important for you to learn how to balance all of your roles and responsibilities.

Materials Required

- Pennies or nickels

Artifacts

None for this activity.