



### Bucket balance relay race

In Africa, people have a wonderful sense of balance. They do much of their work by carrying different items on their head.

They start carrying small items when they are young, which helps develop the neck muscles so they can balance heavier things as they get older. Also, women always carry their babies in a sling on their back, wrapped in a kanga.

Place the participants in lines for a relay race. Have as many teams competing, as you want.

Ask the first participant in each team to balance a bucket on their head. They must walk/run to the end of the room, circle an obstacle ( chair, table... ) and come back.

They should pass on the bucket to the next person in the line.

If they drop the bucket, you could agree that they would have to go back to the start.

In the summer, you can add a little water to the buckets.

Other items can be used, like baskets, bundle of clothes or towels, even books as Miss Manners would have done.

You could also have a mock African catwalk (wearing African type clothes like kangas ), where participants have to walk, without holding the item on their heads. Tally who gets the furthest without dropping it!

Activity from Berkshire Scouts, Global Awareness Programme