

I Can Find my Balance

This activity is inspired by Rossella Biscotti's 'Walking Wolf'

Watch the video about Rossella's work before completing the activity.

Time: approx 40min

Age: 6yrs+ with adult help & supervision

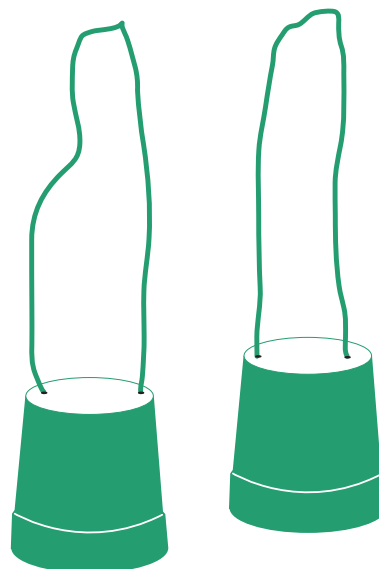
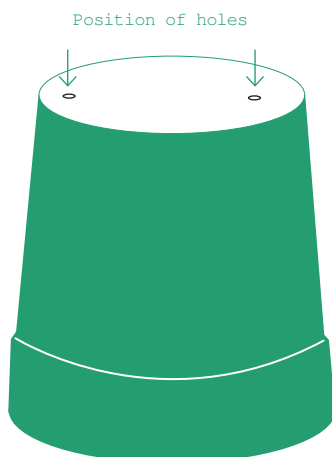
Materials: 2 plastic containers/buckets, rope

Rossella Biscotti's artwork for the TULCA festival is a set of 4 full size stilts called Walking Wolf. These stilts have wolves' feet at the end of them. Animals have 4 legs and we only have 2 but what would it be like to walk around on 4 legs? We start to use our arms and legs to crawl before we can stand up and walk. Standing and walking is all about finding your balance. We all know it's very easy to fall over when learning to walk. Have you ever tried walking around on stilts? I bet it's hard to find your balance then too. For this activity you will be making your very own DIY stilts from two plastic containers/buckets. Practice walking around on them and see how it feels.

ACTIVITY

1: Both containers need to be the same size. They need to be big enough for your feet to fit on top so you can balance. They need to be strong enough to take your weight, so you don't crush them. Pick containers that suit your size and weight. The string needs to be long enough to loop through the container and reach your hands so you can hold your stilts in place as you walk around. Take a look at the image below to see how this works.

2: You will need an adult to help you to make the holes in your containers so that you can thread the string through. The holes should be made as small as possible on the top of the containers either using a small drill or a metal rod heated and pierced through the metal. Children should not attempt to do this part of the activity alone.



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