Mobile Balancing Activity

Objective:
To build a balanced mobile depicting the need for balance in the many aspects of one’s life.
To work together as a team to keep the mobile balanced using physics.

View the YouTube™ video:
- Mobile Art Hanging in the Balance
  A Brainerd Newscast In Focus Feature
  http://youtu.be/zGbali-n72g

Materials:
Gather materials needed to represent each segment of life that people balance. Scan the classroom for items that may be used to signify a career, family, friends, leisure, school and time. Materials to build the mobile will be provided.

Examples:
Hotel Career – brochure, electronic hotel key
Family – picture, a string of paper dolls, can choose items for individual family members
Friends – picture, paper circle with friends written on it
School – a lesson, notebook paper, pen/pencil, old report card
Time – clock, watch, cell phone
Leisure Time/Hobbies – sun glasses, small ball (sports), small megaphone (cheer), computer, book

Other Materials:
Construction paper
Glue or glue sticks
Markers
Scissors
Small sticks/twigs
- Dowels
- Stiff wire (for the horizontal pieces)
String or twine (for the vertical pieces)

Portray the importance of balancing career/school, family, friends, leisure and self.

Be prepared to display and clarify the mobile to the class.