

# 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/zGballi-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

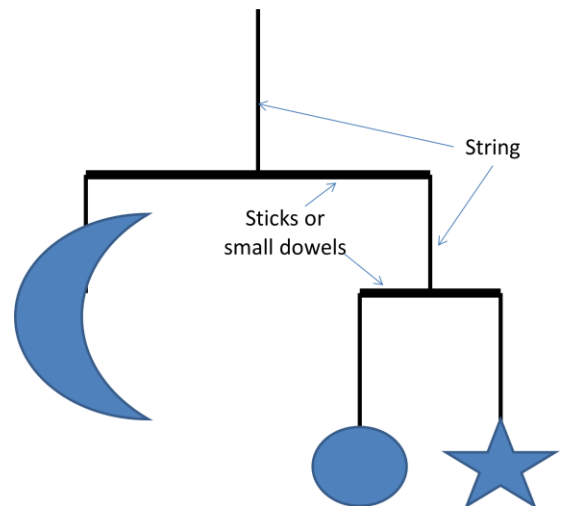
Glue or glue sticks

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.