



## TABLE TRAVERSE



### CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

### Activity overview

Make your way around a table without touching the floor

### Equipment required

Sturdy table  
An extra person

### Time required

This one could take a while!

*A physical challenge for all! The objective of the table traverse is to traverse under and over a table without touching the floor. It definitely isn't easy, and you might not get it at first – but the technique and physical strength required will both come with practice.*

### Safety first:

- Make sure you use a sturdy table
- It is strongly recommended that another person holds the table steady as a table traverse is attempted to avoid the table tipping.
- Be aware of the surface underneath – consider adding a yoga mat or some cushions for a softer landing

### Here's one way to tackle it:



### Need something more challenging?

- ∞ Try a different table – wider is harder ∞ Traverse the table front-back
- ∞ Traverse a chair (make sure it's a sturdy one!) ∞

This information is not for sale. It is for educational purposes only.

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