

# WALKING TALL:

## ADVENTURES IN STILT WALKING



*Jay leads a stilt-walking workshop for younger children.*



Learn how to walk and even dance on stilts in one to three hours! Artist, Jay Mead [www.jaymead.net](http://www.jaymead.net) reviews the safe way to fall on stilts along with rudimentary stilt movement and balance. Participants are shown how to tie their stilts so they can maintain proper tightness. Once tied on the stilt walkers are assisted in standing so they can begin to take steps. This is a trust skill and participants quickly learn balance and agility. Stilts are custom made for participants for as little as \$60/pair of stilts.

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