



Move Your Body

Balance Like an Animal

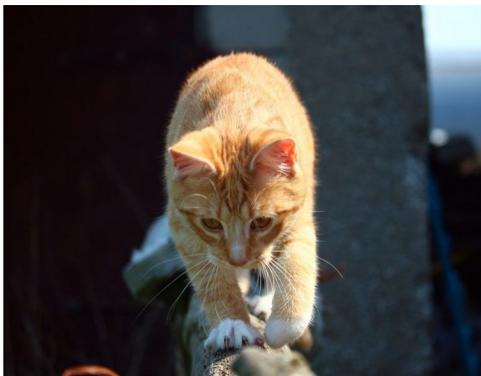
Flamingo Challenge

Lift one knee and balance on your other leg while you count to 10. Now try the same challenge by starting with your other knee.

Lift one leg straight out front and balance on your other leg while you count to 10. Now try the same challenge by starting with your other leg.



CopyCat



Find different things to balance on for 1 minute either inside or outside your home. Start easy and gradually make it harder. Start on level ground, add a cushion or pillow, try standing on sand or grass on 1 foot. Is it easier with your eyes open or closed? How long can you balance. Challenge someone else to see who can balance the longest. Keep track of how long you can balance and compare to another time later in the summer.

Draw a straight line on the sidewalk with chalk or make a line of painter's tape on the floor. Pretend the line is a balance beam. Can you walk across without "falling off"?

Make sure you choose safe places to balance so you don't get hurt if you fall.