

HOME CHALLENGE: MASKING TAPE BALANCE COURSE

Build a balance course in your house or backyard. All you need is some masking tape (or chalk)

Here are some tips to help you balance



Head up



Eyes looking forward



Arms out like an aeroplane

Draw your Balance course

Here are some ideas:

Balance beam



Hopping



Star Jumps



Zig Zag



Circle the object that your arms should look like when balancing:

