

# HOME CHALLENGE: BALANCE ON ONE LEG FOR AS LONG AS YOU CAN

COUNT THE SECONDS ALOUD

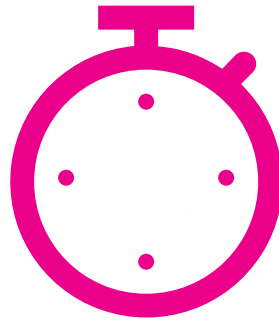


Here are some tips to help you:

- ✓ Head up
- ✓ Arms spread like an aeroplane
- ✓ Look straight ahead

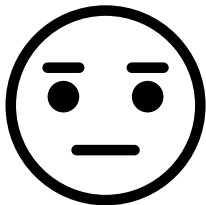
How many seconds did you count?

Write your seconds in the clock



How did this challenge  
make you feel?

Colour the face



Draw a picture of yourself doing the challenge