

**TRY LOTS OF DIFFERENT MOVEMENTS WHILST  
BALANCING THE BEANBAG**

Start balancing on one leg with the beanbag on your head, then challenge yourself with trickier balances



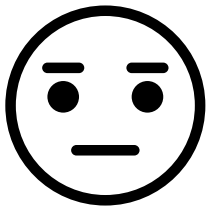
**Here are some tips to help you:**

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

*Can you balance the beanbag while you walk, run, jump, or hop?  
Can you move around with the beanbag on your head, hand, shoulder, elbow, or foot?*

**How did this challenge make you feel?**

Colour the face



**DON'T HAVE A BEANBAG?**

**You can make one using a sock and some rice**

**Draw a picture of yourself doing the challenge**