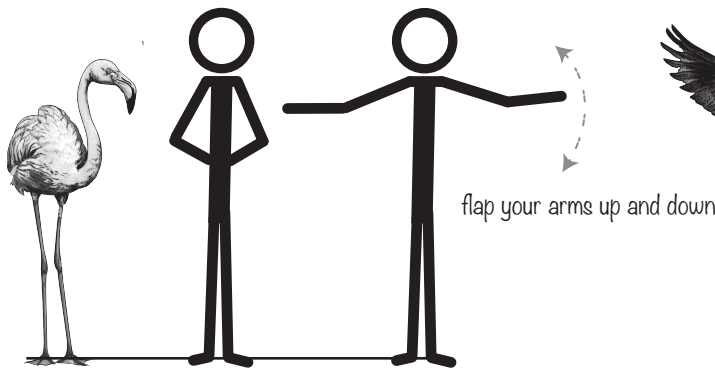


How do you learn to balance?

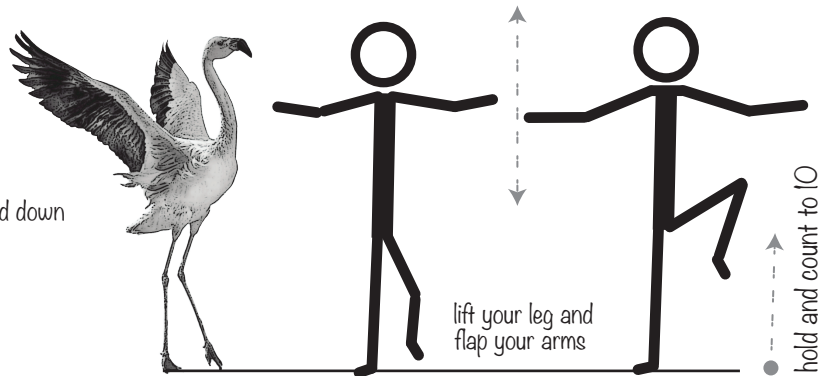
Balance takes practice! The more you practice the better you get.

As you learn to balance you will have better control over your body. Let's practice Static Balance: balancing on one leg or freezing in a position like a flamingo. Are you ready?

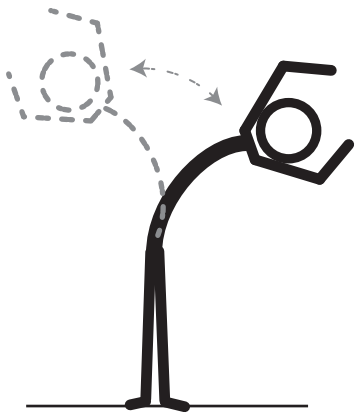
"Flamingo Wing-Go!" Activity: Start with the "Wing It Warm Up," then move on to the others. Don't worry if you wobble. Wobbling is how you get better at balance!



1. Wing-it Warm Up

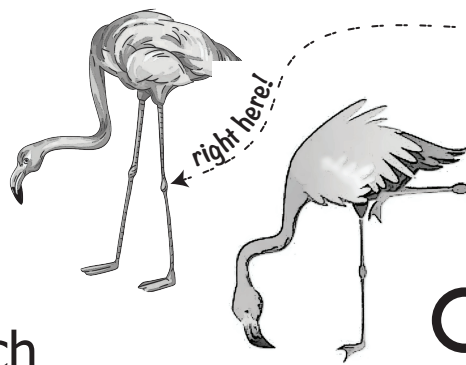


2. Flap and Leg Lift

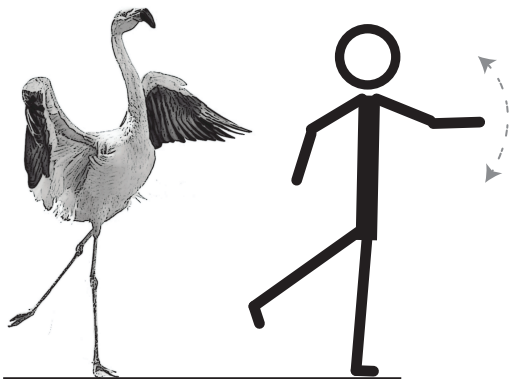
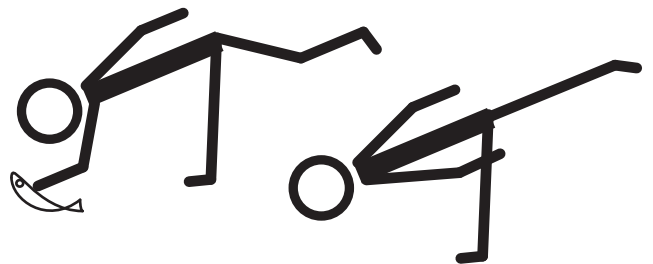


3. Bend and Stretch

Where is a flamingo's ankle?



4. One Legged Bend



5. Kick Back Balance

Fly to the count of 60! Fly high, dip low. Fly fast, now slow. Fly up, soar down. Fly round and round. Go flamingo, GO!

