

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

COUNT THE SECONDS ALOUD



How did this challenge make you feel?

Colour the face







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



Draw a picture of yourself doing the challenge \



