



Strength and Balance Activities: Jungle Explorers



Explorer move:

- Balance a book on your head.
- **Try this if you want more help:** use one hand to hold the book in place.
- **Try this if you want an extra challenge:** move in a circle with the book on your head.



My positive thought:

My smile can cheer someone up.



Help another explorer:

Can you help someone find a new object to balance on their head?

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Book



Today's movement:

First step:

- Balance a book on your head.
- Use one hand to hold it in place.

Next step:

- Take your hand off.
- Keep balancing the book on your head.

Extra challenge:

- Move in a circle with the book still on your head.

Balance



Smile



My positive thought:

My smile can cheer someone up.

Help



Help another explorer:

Help someone find a new object to balance on their head.