



Strength and Balance Activities: Jungle Explorers



Explorer move:

- Lift your heels off the floor so you are on your tip toes. Keep moving your heels up and down.
- **Try this if you want more help:** put one hand against a wall to help you balance.
- **Try this if you want an extra challenge:** jump up lifting your feet off the ground.



My positive thought:

I can keep going.



Help another explorer:

Say well done to each other for doing today's explorer move.

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Today's movement:

First step:

- Put one hand against a wall to help you balance.
- Lift your heels off the floor so you are on your tip toes.
- Move your heels up and down.



Next step:

- Take your hand off the wall.
- Keep moving your heels up and down.

Extra challenge:

- Jump up lifting your feet off the ground.



My positive thought:

I can keep going.



Help another explorer:

Say well done to another person for doing today's movement.