



## Strength and Balance Activities: Jungle Explorers



### Explorer move:

- Pretend you are balancing on a tightrope by moving in a straight line.
- **Try this if you want more help:** put your arms out to balance yourself, or make the tightrope wider.
- **Try this if you want an extra challenge:** make the tightrope narrower or move sideways along the line.



### My positive thought:

I am proud of myself.



### Help another explorer:

Watch each other to make sure you are moving in a straight line.

# Strength and Balance Activities: Jungle Explorers



## Today's movement:

### First step:

- Mark out a space wide enough for you to move along.
- Move in a straight line along the space.
- Put your arms out to help you balance.

### Next step:

- Bring your arms to your side.
- Keep moving in a straight line.

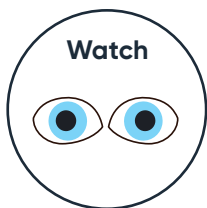
### Extra challenge:

- Make your space narrower.
- Move sideways along the space.



## My positive thought:

I am proud of myself.



## Help another explorer:

Watch each other to make sure you are moving in a straight line.