



Strength and Balance Activities: Jungle Explorers



Explorer move:

- With your hands and feet on the ground, move around like a bear.
- **Try this if you want more help:** rest your knees on the ground to help you balance.
- **Try this if you want an extra challenge:** move around with one foot or one arm off the ground.



My positive thought:

Today I can be helpful.



Help another explorer:

Offer to help someone with a job they are doing.

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Today's movement:

First step:

- Put your hands and knees on the ground.
- Move around the space.

Next step:

- Put your hands and feet on the ground.
- Move around the space.

Extra challenge:

- Put your hands and feet on the ground.
- Take one arm off the ground.
- Move around the space.



My positive thought:

Today I can be helpful.



Help another explorer:

Help someone with a job they need to do.