



Instructions

- Stand in the middle of the playing area facing the participants.
- Demonstrate four single-leg static balances:
 - **Single-leg balance (“Flamingo” balance):** Stand on one leg lifting the opposite foot off the ground, then switch sides.
 - **Alphabet balance:** Same as above, but use the toe of the raised foot to trace letters of the alphabet, e.g. spell your name, your city, your state, your favorite sports team, etc. Use easy words, single letters, or shapes for younger participants.
 - **High-knee balance:** Start with single-leg balance, raise the opposite knee to 90 degrees, hold arms out to the sides, stand straight like a tree, then switch sides.
 - **Stork balance:** Place the toes of the opposite leg against the calf of the supporting leg.
- Participants practice each balance, holding for 15 seconds progressing to 30 seconds.