

# CHALLENGES

Can you hold these balances for longer than 10 seconds?

# BALANCE

**PYTHON**



Stand still on one leg for 10 seconds.

**PARROT**



Stand still using your other leg for 10 seconds.

**TIGER**



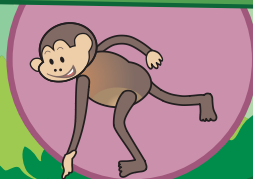
Stand still on one leg and move the other leg away from your body.

**GORILLA**



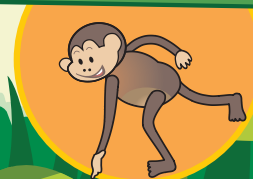
Can you do the Tiger challenge standing on your other leg?

**RHINO**



Stand still on one leg, bend your knee and see if you can touch the floor without over balancing.

**GIRAFFE**



Can you do the Rhino challenge and touch the floor 10 times without over balancing?