

Balance



I get on all fours. I lift my right arm and left leg.

Balance



I lift my knee and balance on one foot.

Balance



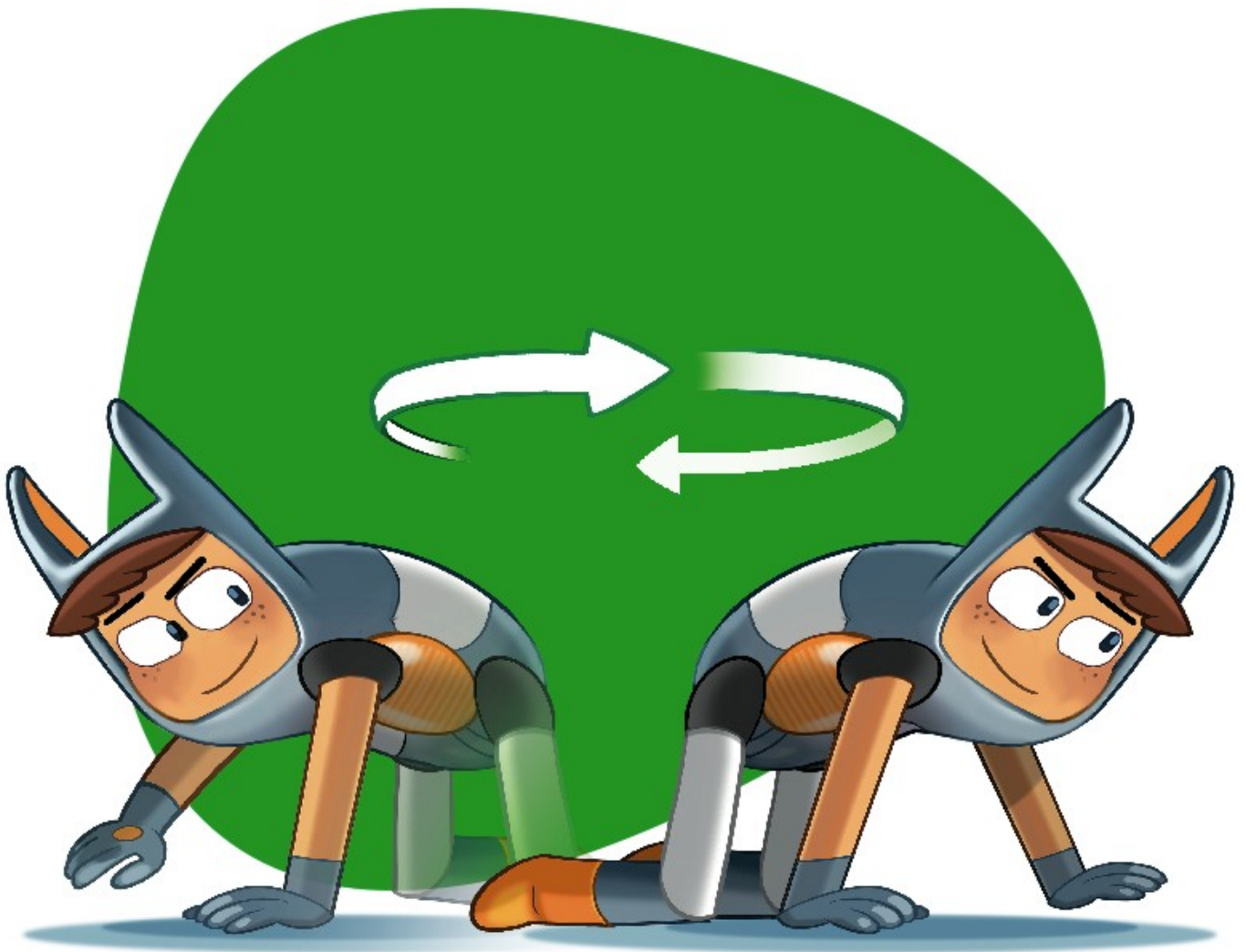
*I close my eyes. I sway forwards and backwards,
on my toes and heels.*

Balance



*I put my hands on my knees and I twist my knees.
Then I change direction.*

Balance



I get on all fours and I rotate.