



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rock, Paper, Scissors

The focus of this activity is BALANCE. Balance is the ability to maintain the body in proper equilibrium. Click the activity link below to get moving and have fun:

- Activity Link: <https://www.youtube.com/watch?v=nkyWrio9OpM> *Be sure to watch the whole video for social distancing tips while doing this activity.

There are 2 different types of balance:

1. Static Balance is the ability to maintain stillness in a stationary position, like when a flamingo stands on one foot.
2. Dynamic Balance is the ability to maintain the body's equilibrium while moving, like when riding a bike.

Goal Setting:

- What activity can you do to improve your balance each day? Set a goal and make a plan, you and your body will be a winner!