



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!