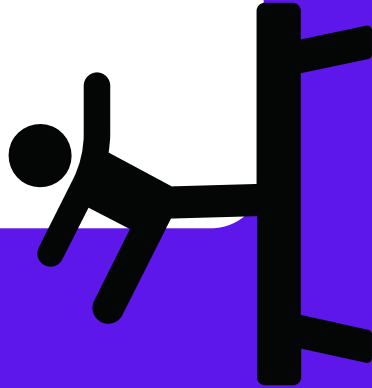




Stand strong like a tree.



Movement Ninja – Secret tip

Our Balancing Ninja has left us a little secret tip. His note says:

Keep your foot flat on the ground. Don't let the wind blow you over!!

Practice holding your balance for 5 seconds on each leg. Can you do it three times. Don't forget to swap your standing leg. If you lose your balance, lower your leg, steady yourself and then start again. How long can you keep your balance without moving your foot?

