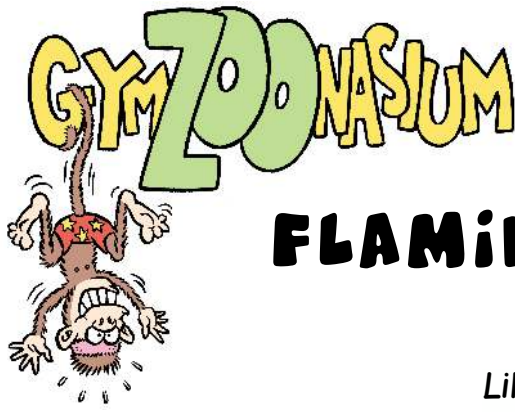




FLAMINGO BALANCE

*Like a sea of ballerinas
looking pretty in pink,
flamingos can stand on one leg
to eat, sleep and even drink.*

PURPOSE

- Strengthens ankles, legs and buttocks
- Improves balance and pelvic stability



INSTRUCTIONS

1. Stand up tall
2. Lift your right foot and place it against your left leg
3. Balance for as long as you can, then switch legs



WATCH FOR

- Keeping your foot still on the floor and your body still
- Hips level (not dropping down on one side)
- Tummy muscles squeezed, to help balance



MODIFICATIONS

- Do the Flamingo Balance:
 - Focusing your eyes on something still in front of you, to help you balance
 - With the toes of your lifted foot touching the floor
- Seated: Sit on a wobbly cushion and balance with your eyes closed



MORE CHALLENGING

Try the Flamingo Balance:

- With your foot up higher (on the thigh of the opposite leg)
- Balancing with your eyes closed
- Balancing on a wobbly surface (a cushion, pillow or mattress on the floor)
- Moving your lifted foot (while keeping the rest of your body frozen still). Use your lifted foot to pedal an imaginary bicycle one-legged or write your name in the air.



MAKE IT MULTI-SENSORY

While doing the Flamingo Balance imagine you have a paintbrush in your left hand. Use your left arm to paint a wide blue lake in front of you and a rainbow in the sky. Then do the same with your right arm.



BALL SKILLS

While holding the flamingo balance...

- Throw a ball up and catch it again
- Bounce or throw a ball with a partner. How many catches can you get in a row?
- Juggle a tennis ball from your left to right hand, and back again. How many catches can you get in a row?



FINE MOTOR SKILLS

Do the Flamingo Balance while...

- Plaiting three pieces of wool together
- Threading beads onto a necklace or pipe cleaner
- Doing up and undoing buttons



PROGRESS TRACKER



For how long can you hold the flamingo balance on your left foot? Right foot?

Date	My personal best - left	My personal best - right	My goal for next time