

**AT HOME BALANCE
CHALLENGES!**

YOU WILL NEED...

- **Open Space (inside or outside)**
- **1 Full Toilet Paper Roll**
- **1 Bean Bag (uncooked rice in a sealed bag)**

DIRECTIONS...

- **Copy a balance pose on the screen and still.**
- **Once you can hold it completely still for 5 seconds, try the different challenges listed by balancing your bean bag (bag of rice) or your toilet paper roll on the listed body parts while holding the same balance pose for 5 seconds.**
- **If you can do it, give yourself the amount of points the challenge was worth. Add your points as you go!**
- **Try the different body part bean bag and toilet paper balance challenges for each of the balance poses!**

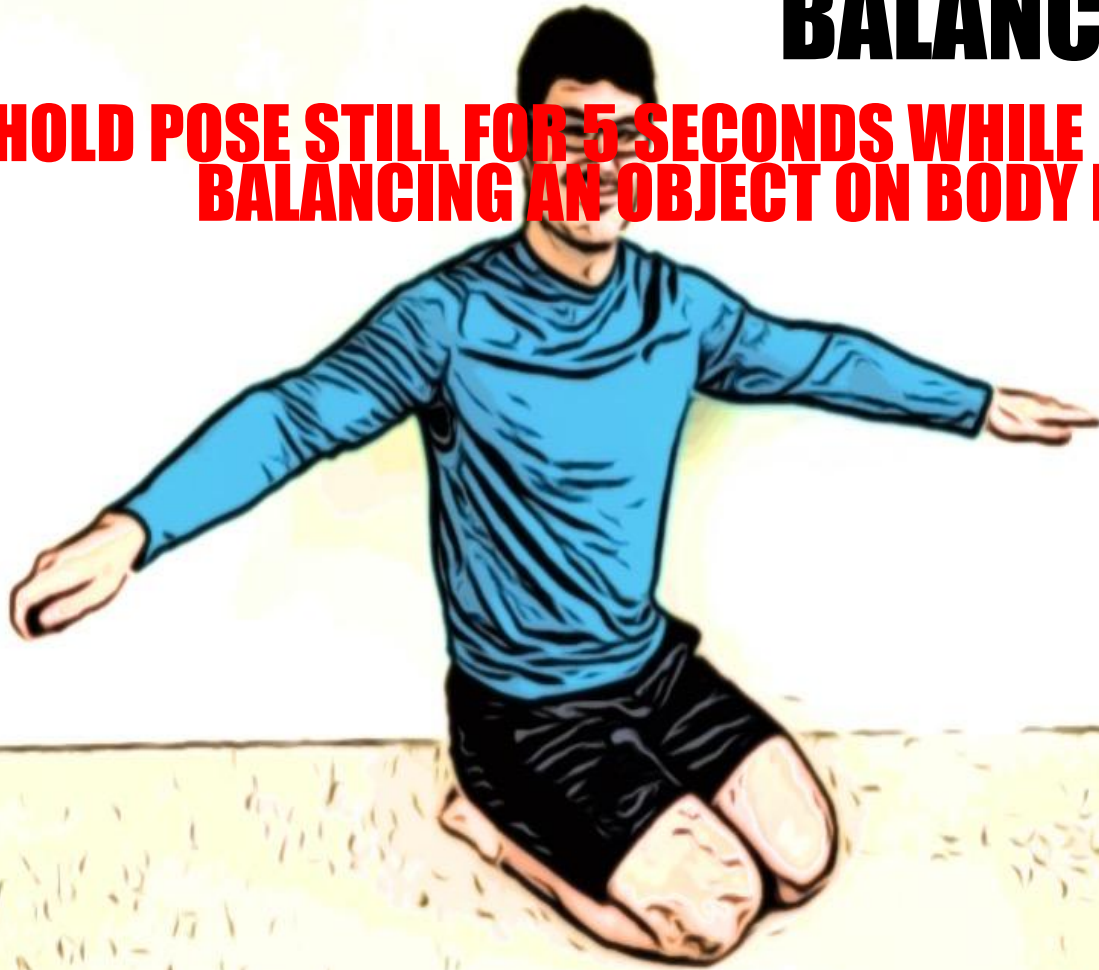
BALANCE #1

Hold Pose for 5 seconds



BALANCE #1 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

**1
Point**

**2
Points**

**3
Points**



Toilet Paper Roll

**2
Points**

**4
Points**

**6
Points**

BALANCE #2 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



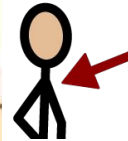
Toilet Paper Roll



Hand

**1
Point**

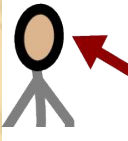
**2
Points**



Shoulder

**2
Points**

**4
Points**



Head

**3
Points**

**6
Points**

BALANCE #3 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

1

Point



Toilet Paper Roll

2

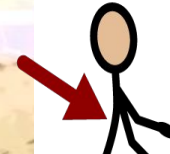
Points



Hand

2

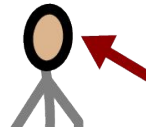
Points



Back

4

Points



Head

3

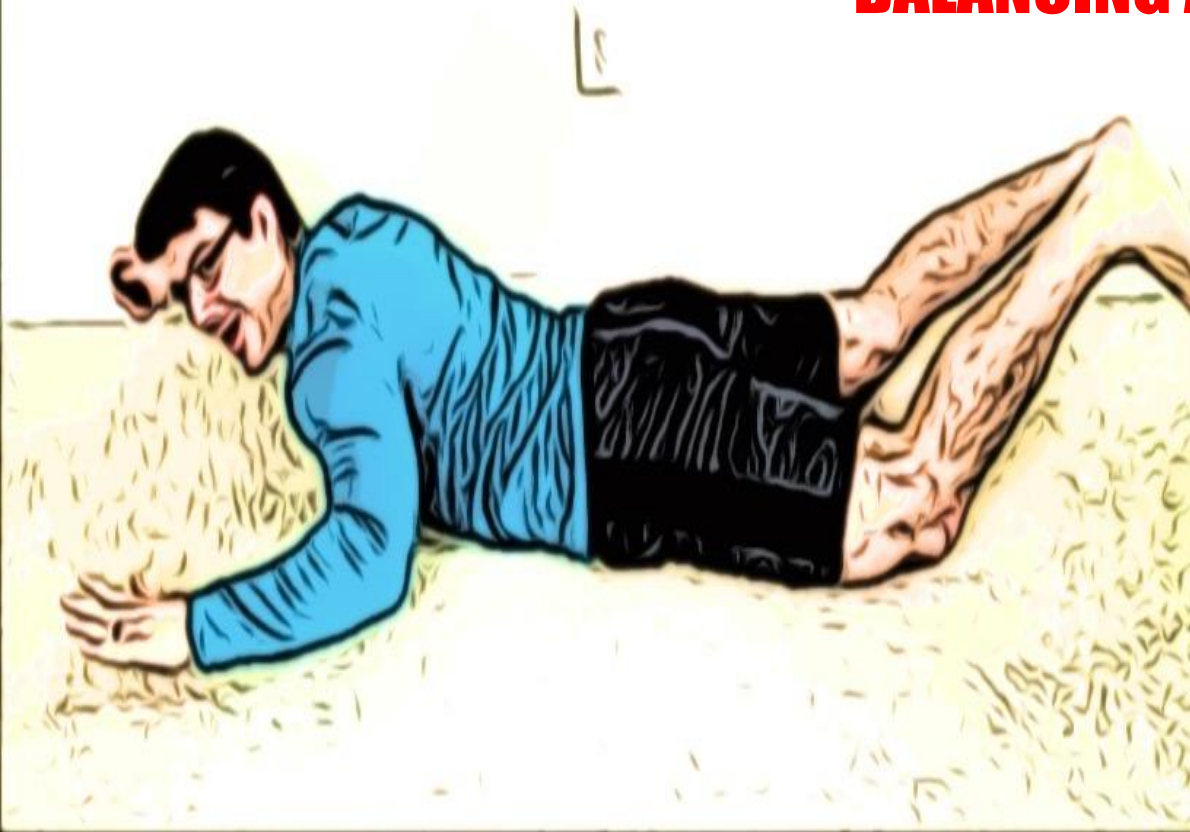
Points

6

Points

BALANCE #4 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

**1
Point**



Toilet Paper Roll

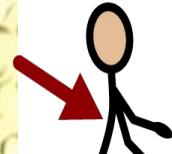
**2
Points**



Hand

**2
Points**

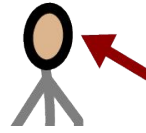
**4
Points**



Back

**3
Points**

**6
Points**



Head

BALANCE #5 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



Toilet Paper Roll



Hand

**1
Point**

2

Points

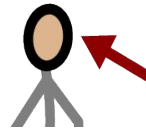


Back

**2
Points**

4

Points



Head

**3
Points**

6

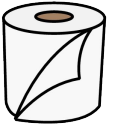
Points

BALANCE #6 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



Toilet Paper Roll



Foot

**1
Point**

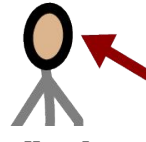
**2
Points**



Shoulder

**2
Points**

**4
Points**



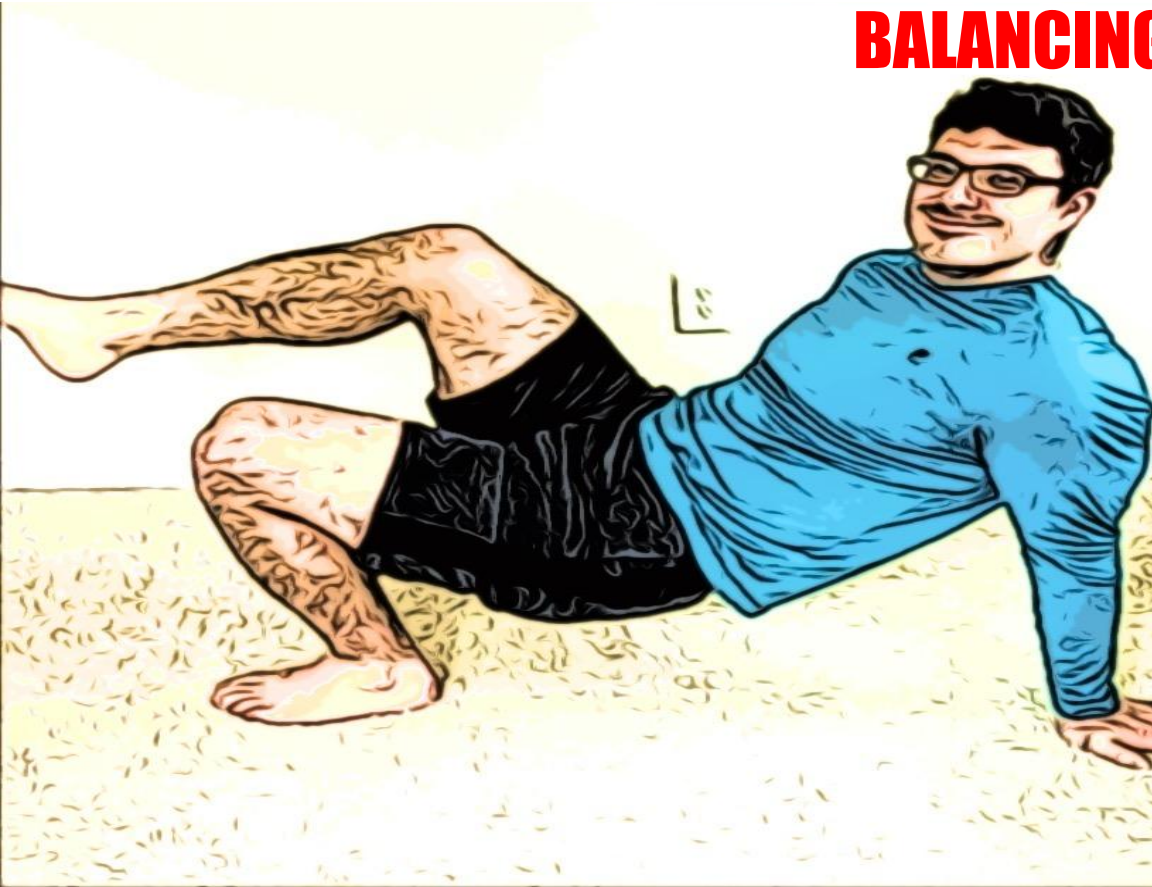
Head

**3
Points**

**6
Points**

BALANCE #7 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

**1
Point**



Toilet Paper Roll

**2
Points**



Foot

**2
Points**

**4
Points**



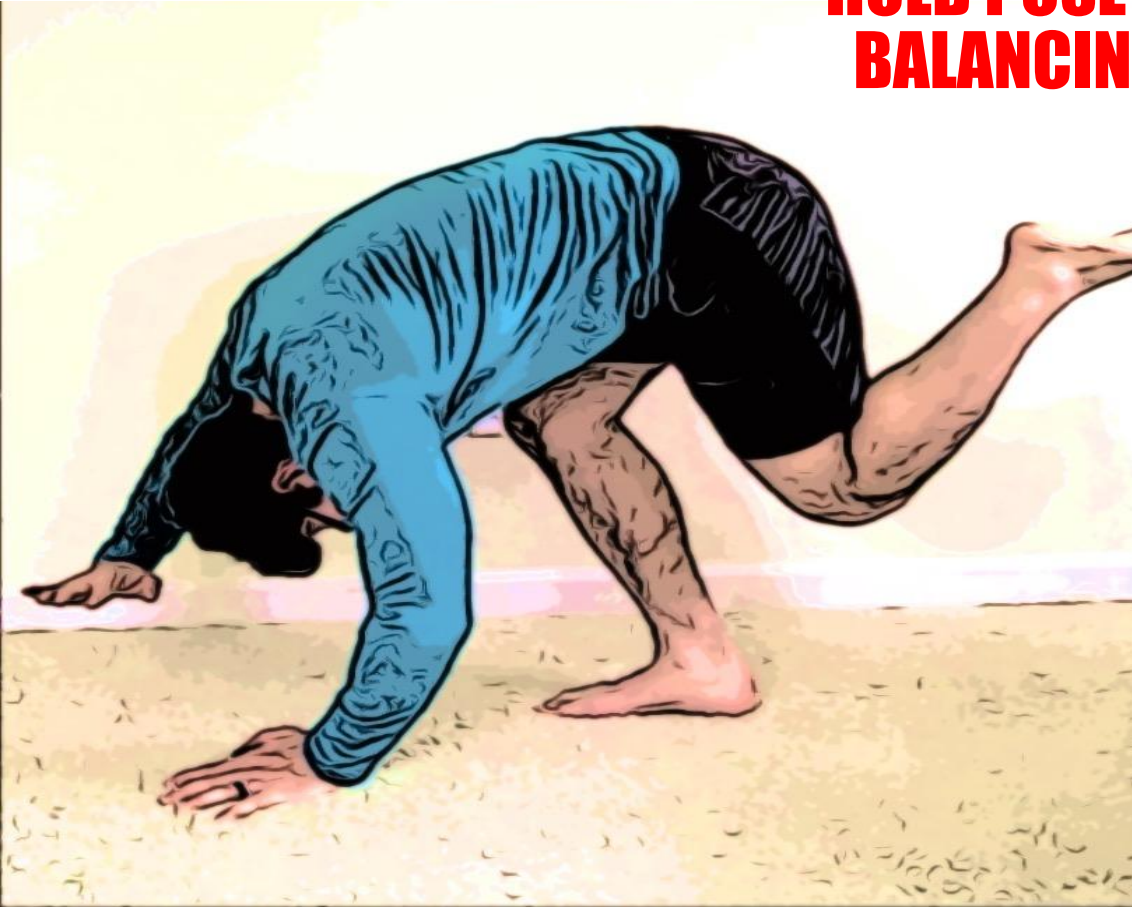
Head

**3
Points**

**6
Points**

BALANCE #8 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

**1
Point**



Toilet Paper Roll

**2
Points**



Hand

**2
Points**

**4
Points**



Back

**3
Points**

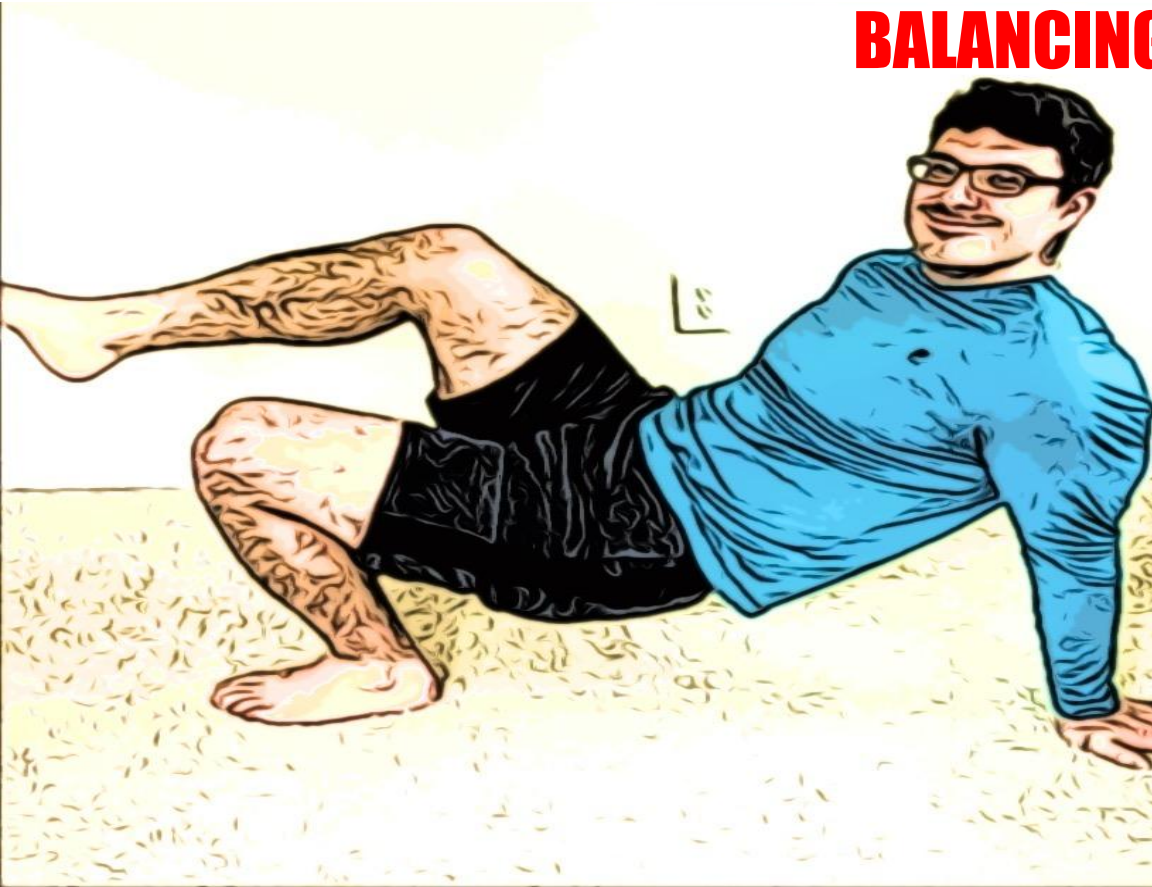
**6
Points**



Foot

BALANCE #7 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

**1
Point**



Toilet Paper Roll

**2
Points**



Foot

**2
Points**

**4
Points**



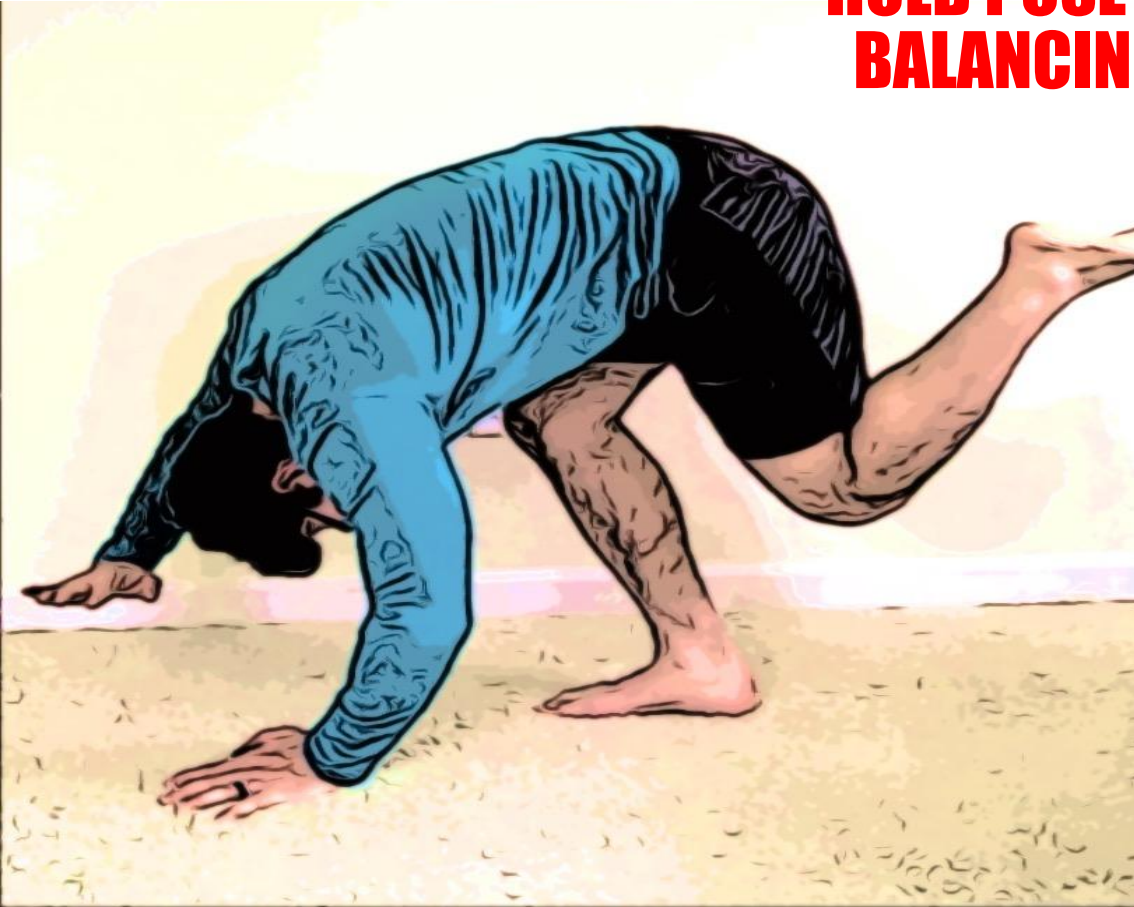
Head

**3
Points**

**6
Points**

BALANCE #8 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag

**1
Point**



Toilet Paper Roll

**2
Points**



Hand

**2
Points**

**4
Points**



Back

**3
Points**

**6
Points**



Foot

BALANCE #9 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



Toilet Paper Roll



Hand

**1
Point**

**2
Points**



Knee

**2
Points**

**4
Points**



Foot

**3
Points**

**6
Points**

BALANCE #10 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



Toilet Paper Roll



Hand

**1
Point**

**2
Points**



Knee

**2
Points**

**4
Points**



Shoulder

**3
Points**

**6
Points**

BALANCE #11 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



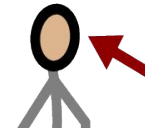
Toilet Paper Roll



Hand

**1
Point**

**2
Points**



Head

**2
Points**

**4
Points**



Foot

**3
Points**

**6
Points**

BALANCE #12 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



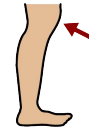
Toilet Paper Roll



Hand

**1
Point**

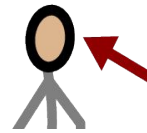
**2
Points**



Knee

**2
Points**

**4
Points**



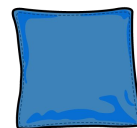
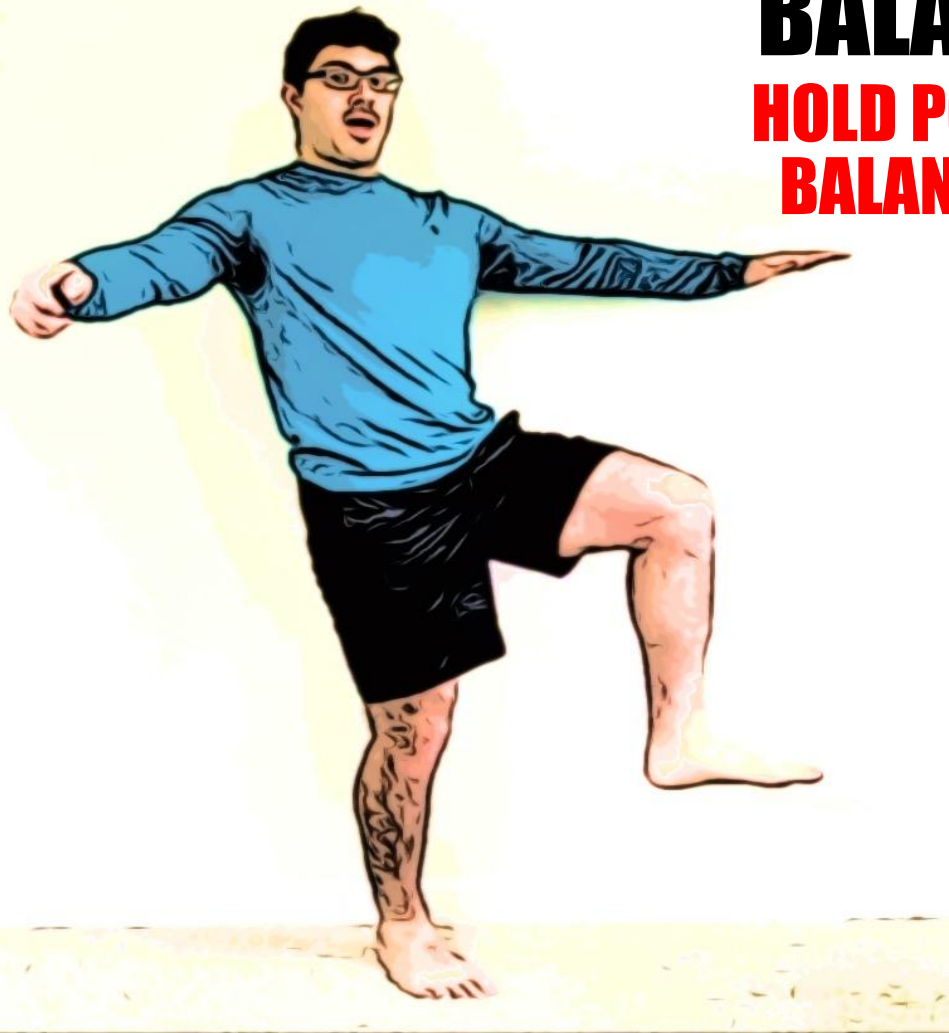
Head

**3
Points**

**6
Points**

BALANCE #13 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



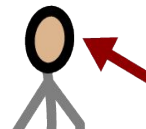
Toilet Paper Roll



Hand

**1
Point**

**2
Points**



Head

**2
Points**

**4
Points**



Knee

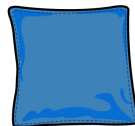
**3
Points**

**6
Points**



BALANCE #14 CHALLENGES

**HOLD POSE STILL FOR 5 SECONDS WHILE
BALANCING AN OBJECT ON BODY PART**



Bean Bag



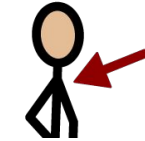
Toilet Paper Roll



Hand

**1
Point**

**2
Points**



Shoulder

**2
Points**

**4
Points**



Knee

**3
Points**

**6
Points**