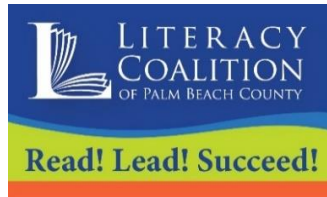


READ and THINK before you ACT.



Leading through Reading

Keeping Balance in Your Life (6-8)

READ

Balancing is a stretching activity for your brain. When you perform balancing activities, your body is using your brain to concentrate on focusing on your body and your mind is set a little free from stress. As a bonus, if you keep doing balancing activities, your body will become better able to balance automatically as you do simple tasks such as sitting. Yes! Sitting requires balance!

If you practice balancing, it helps you to fidget less (sit still more easily) when listening to someone who is speaking and while you are thinking through complex information. You will be able concentrate better on more difficult learning. Practicing balancing is more important than you thought!



THINK



Do you already use balance in the activities and exercise that you do? Do you enjoy that balancing activity? How have you already been using balance to help your mind stay happy and calm?

Do you dance? How about skateboard or surf? Are you a ball player or do you like to run or jog?

These are great activities to increase brain chemicals called endorphins, but they also have you balancing! When you do them, your body feels great and so does your mind.

ACT

What ways can you add balancing exercises to your day? Try one or more of these activities:



Pick up a ball: Balance it under your foot. Try the tip of your finger. Try balancing it on your forearm.



Try a Balance Exercise Video: With parent permission, try to follow this Coach Verstegen and his niece and nephew as they balance and stretch.

If you watch this video and stretch with others, please practice social distancing. This video was filmed prior to our needing to remain 6-8' apart.

Our pets stretch every day! You should too.

[More activities for special needs students](#)

Other Information: [Brain Balance Research](#) & [Coordination Activities for attention and focus](#)

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to nbirardi@literacypbc.org