

Body Part Balance



1. Balance a beanbag on your:

- a. head
- b. neck
- c. shoulder
- d. arm
- e. elbow
- f. foot
- g. knee
- f. forehead
- g. belly
- h. finger
- i. ear
- j. back

"Was I able to balance on all body parts?"



**THE BODY ACHIEVES WHAT THE
MIND BELIEVES.**

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