

BALANCE

STUDENT & PARENT DISCOVERY

BALANCE

Balance: To be centered and focused.

Overview: It is important for children to have great balance. It enables them to ride a bike or do cool martial arts kicks without falling down. It gives kids the confidence to do well in activities that require good balance.

In order to have balance, children have to think about being centered and focused. For example, they have to center their body on a bike and look where they are going in order to ride well.

Another type of balance is called “life balance.” It teaches children to be the best version of themselves by learning something new every day, exercising and eating healthy, and doing things that they love to do.

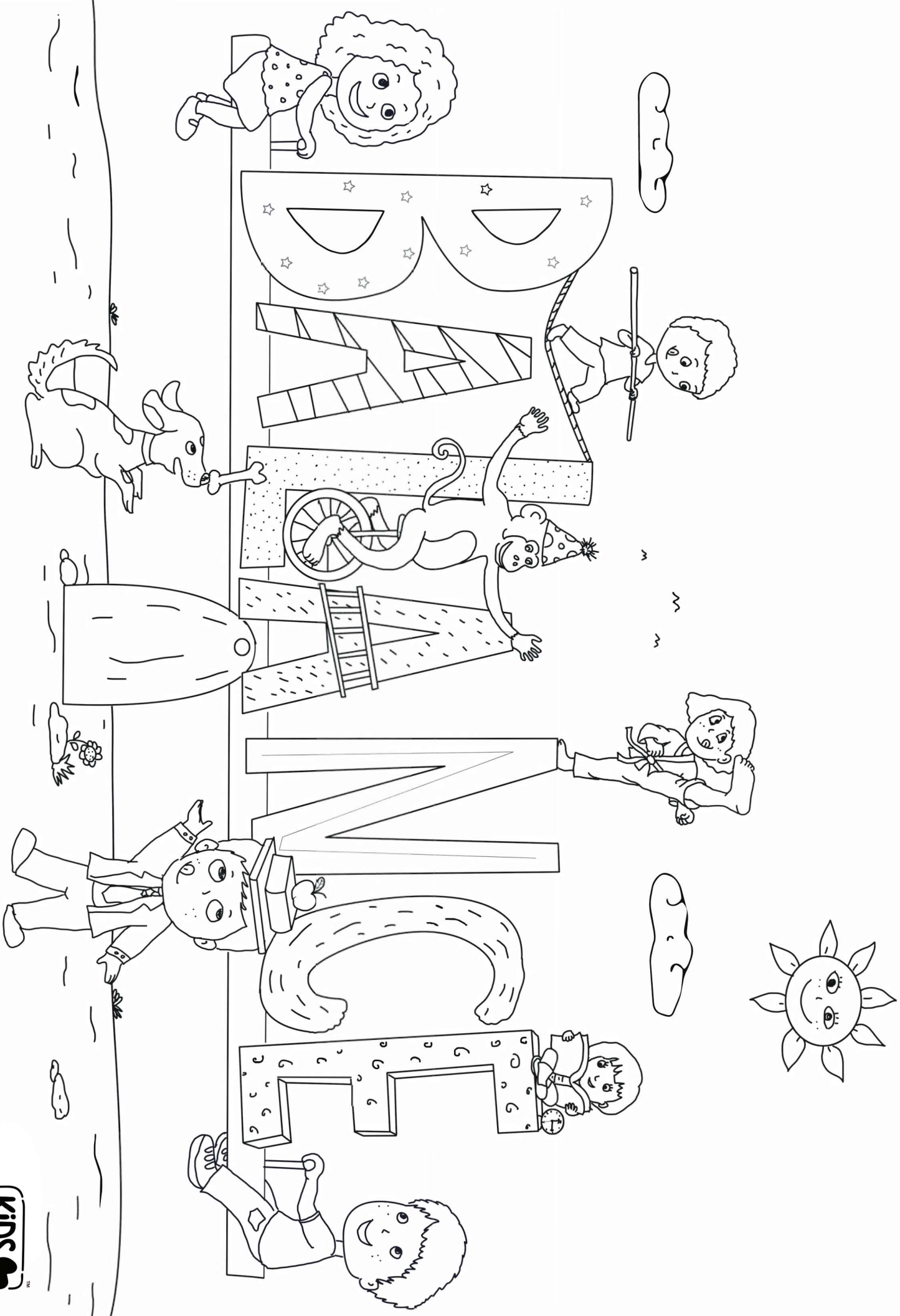
Student: Can you say, “center and focus?” When you think about keeping your body balanced and focusing your eyes on what you are doing, you can do cool things without falling down. It’s awesome to have good balance because you will believe you can ride a bike or climb on the play structure. You have to practice balance all the time if you want to be great at it!

Another kind of balance is called “life balance.” It teaches you to be the best person you can be by taking care of your mind, body and heart.

Parent: Balance is a skill we use every day for activities such as walking and running. Encourage your children to develop and practice balance through activities like martial arts or dance. By doing so, you open up the door for your children to participate in and enjoy many physical activities with confidence.

Another form of balance is called “life balance.” It teaches children to balance their minds by learning something new every day; to balance their bodies by exercising and eating healthy food; and to balance their hearts by spending time with their family.

We all need life balance to be a better person and to have a better life. It helps us to do the right thing and make good choices. As a parent you are encouraged to set the best example for your children to follow by living a balanced life.



To be centered and focused.