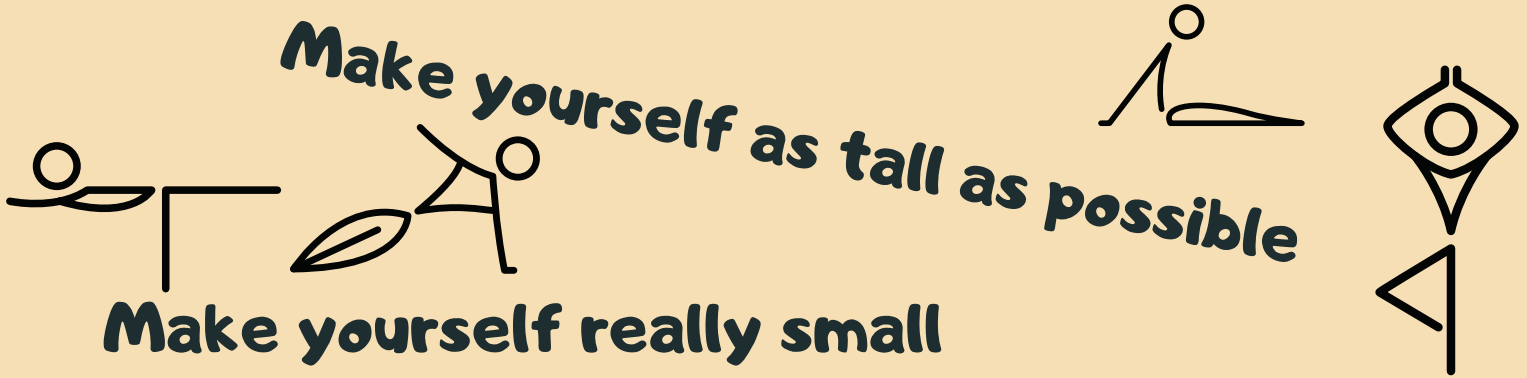


# MRS HAND SAYS...

Practice being balanced

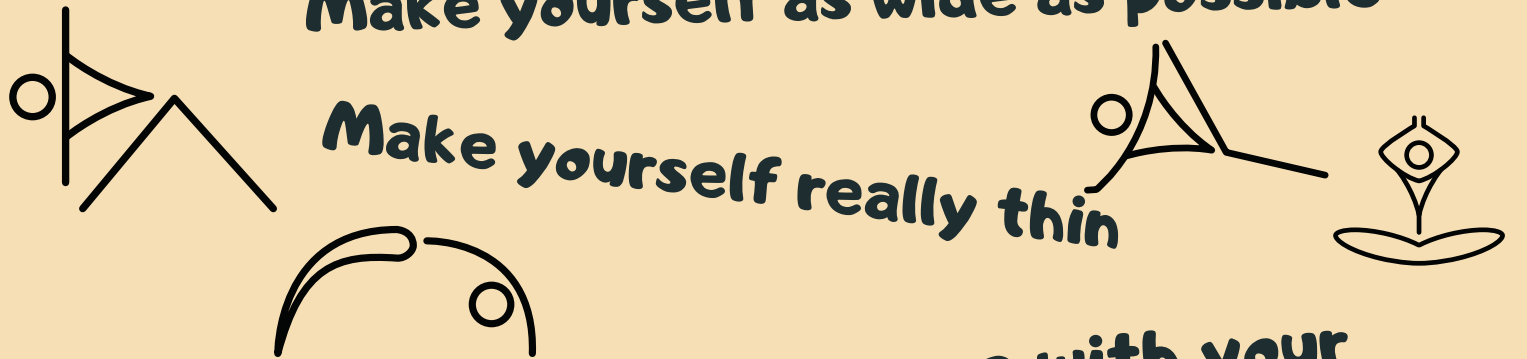
Make yourself as tall as possible



Make yourself really small

Make yourself as wide as possible

Make yourself really thin

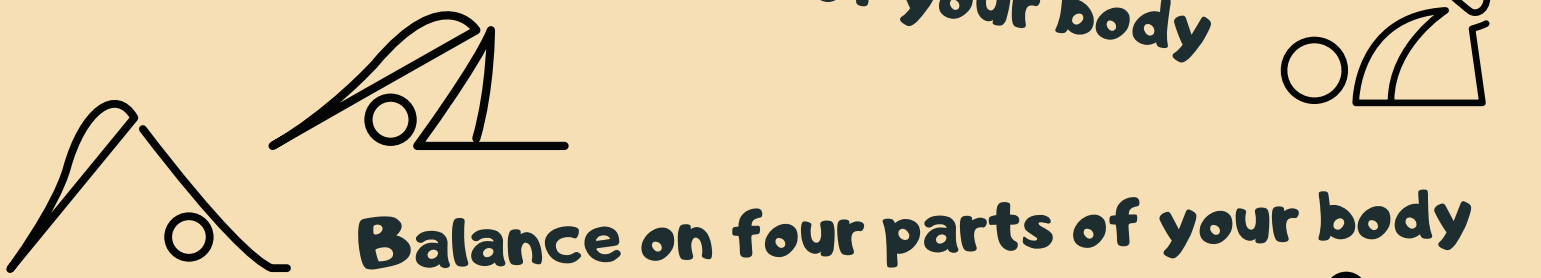


Make the letters of your name with your body. Hold each letter for 3 seconds

Balance on one part of your body

Balance on two parts of your body

Balance on three parts of your body



Balance on four parts of your body

Balance on five parts of your body

