DAMON'S BIG BACKYARD

5-DAY BALANCE CHALLENGE!



Can you balance like Damon? Color a paw each day!

DAY 1

FLAMINGO FEET

Stand on one foot for 5 seconds. Switch feet!

DAY 2

WALK THE LINE

Walk along a painter's tape line on the floor.

DAY 3

FREEZE LIKE DAMON

Move around, then freeze in a funny balancing pose.

DAY 4

SIDEWAYS STEPS

Step sideways along a line without leaving it.

DAY 5

DAMON CHALLENGE

Choose your favorite balance activity and try it again!

I DID IT!

My name: _____

KEEP MOVING. KEEP TRYING. HAVE FUN!