

# Disclaimer

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Move as quickly as possible while balancing an object on your head.

## Equipment

A homemade beanbag. We recommend folding a tea towel and holding it together with an elastic band.

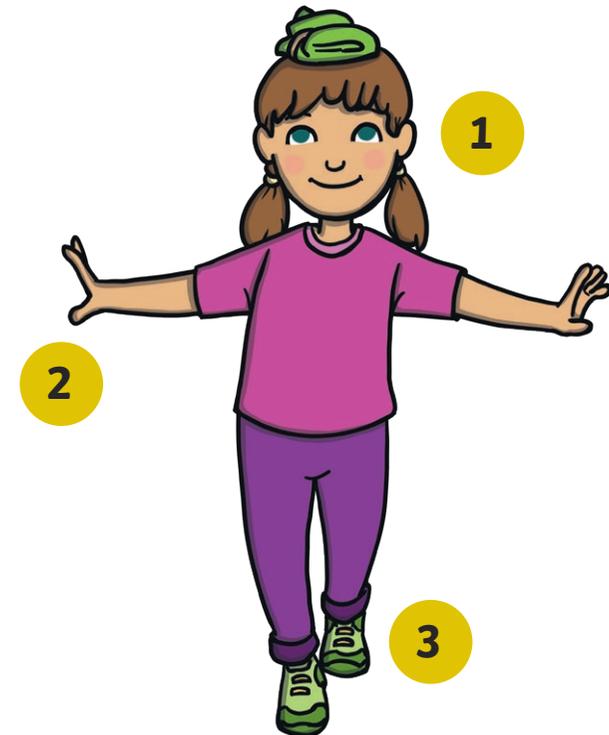


## What to do

1. Practise balancing the object on your head while standing still.
2. Practise moving around the space with the object on your head. How fast can you go? Remember – the idea is to go as quickly as you can without the object falling off!
3. Measure out 10m and practise racing against family members.

Don't worry if you have to change direction to move 10m or go there and back in your garden or living room!

- 1 Keep your head upright and as still as possible.
- 2 Hold your arms out to the side if it helps you to keep balance.
- 3 Try to take smooth steps, moving your upper body as little as possible.



Watch the video [here](#) to see how it is done.