



Thank you

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INTEREST IN
CORWIN

Please enjoy this complimentary excerpt from *More Energizing Brain Breaks*. In this activity, students practice balance and control as they learn to move a "tray" around their bodies without letting it fall.

LEARN MORE about this title, including Features, Table of Contents and Reviews.

Waiter/Waitress

You will be balancing and rotating a folder without dropping it.

1. Stand up.
2. Rest a folder or notebook on the palm of your right hand in front of you, like a waiter or waitress holding a tray.
3. While balancing the folder or notebook on your hand, maneuver it so that the folder or notebook is now behind you, still balanced on your right palm.
4. Flair your arm out away from you. Again, keep the folder or notebook balanced on the palm of your right hand.
5. Continue rotating your arm so that the folder or notebook will return to the starting position in front of you.
6. After mastering this with your right hand, repeat steps 2 through 5 with your left hand.



Idea from Randy Smith