

Body Tricks: Stuck Foot

What you need:

- Yourself
- A wall

What to do:

1. Press the right side of your body up against a wall. Your cheek, your arm, your hip, and your foot should be firmly against the wall.

2. Try to lift up your left foot and hold it off the ground. Can you do it?

How does it work?

Your centre of gravity is the point in your body that all your weight is centred around. Whenever you move, you automatically shift your centre of gravity so that you don't fall over.

When you stand straight on two feet, your centre of gravity is usually located somewhere in your abdomen, centred in your body. To stand on your right foot, you have to shift your hips to the right so that your centre of gravity is over top of your right foot; otherwise you'll fall over. When the right side of your body is pressed against a wall, however, the wall keeps you from moving your centre of gravity—so you can't stand on your right foot.

Body Tricks: Glued Fingers

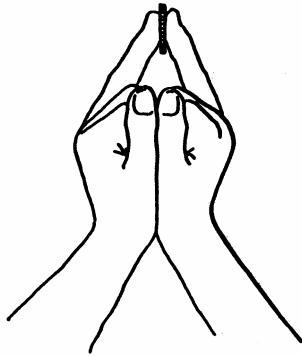
What you need:

- A partner
- A coin

What to do:

- 1.** Ask your partner to press her hands together as if she was praying. Then get her to bend her index, middle, and pinkie fingers down between her palms, so that her knuckles are pressed together. Her ring fingers should still be extended upwards with the tips pressed together.

Slip a coin between the tips of her ring fingers.



- 2.** Tell your partner that her knuckles must stay pressed together and she cannot slide her fingers against each other. See if she can open her finger tips and drop the coin.

- 3.** Switch with your partner so you have a turn to try to drop the coin.