



What do the following
pictures have in
common?

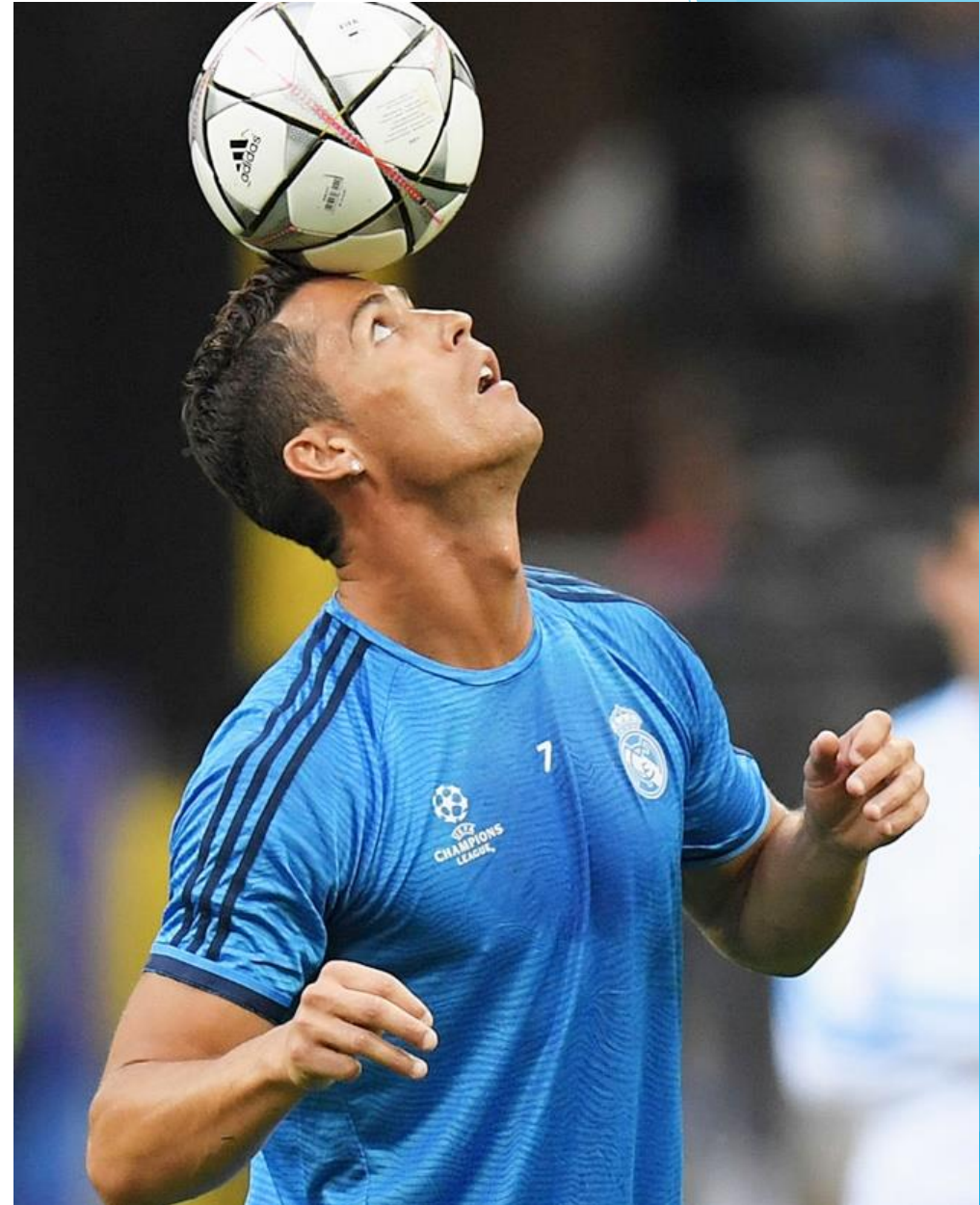
What School Value do
they link to?





This is Nik Wallenda, an American acrobat. He is extremely talented at balancing on a high rope. Here, we see him practising for one of his most impressive stunts: his tightrope walk across the Grand Canyon.

This one is a little less dangerous, but the balancing involved is still pretty impressive. Here, we see Portuguese footballer Ronaldo balancing a ball on his head.





Here, we see American gymnast Simone Biles competing in the women's balance beam event at the Tokyo Olympics in 2021.



There is only a short distance
between the wire and the
ground, providing a safer
environment to develop
balancing skills.

Balance

How good are you at
balancing?

Who can show us?

How is this person
balancing?

In Buddhism,
people are
encouraged to
meditate and be
still.

Let's pause for a
moment and be
quiet.

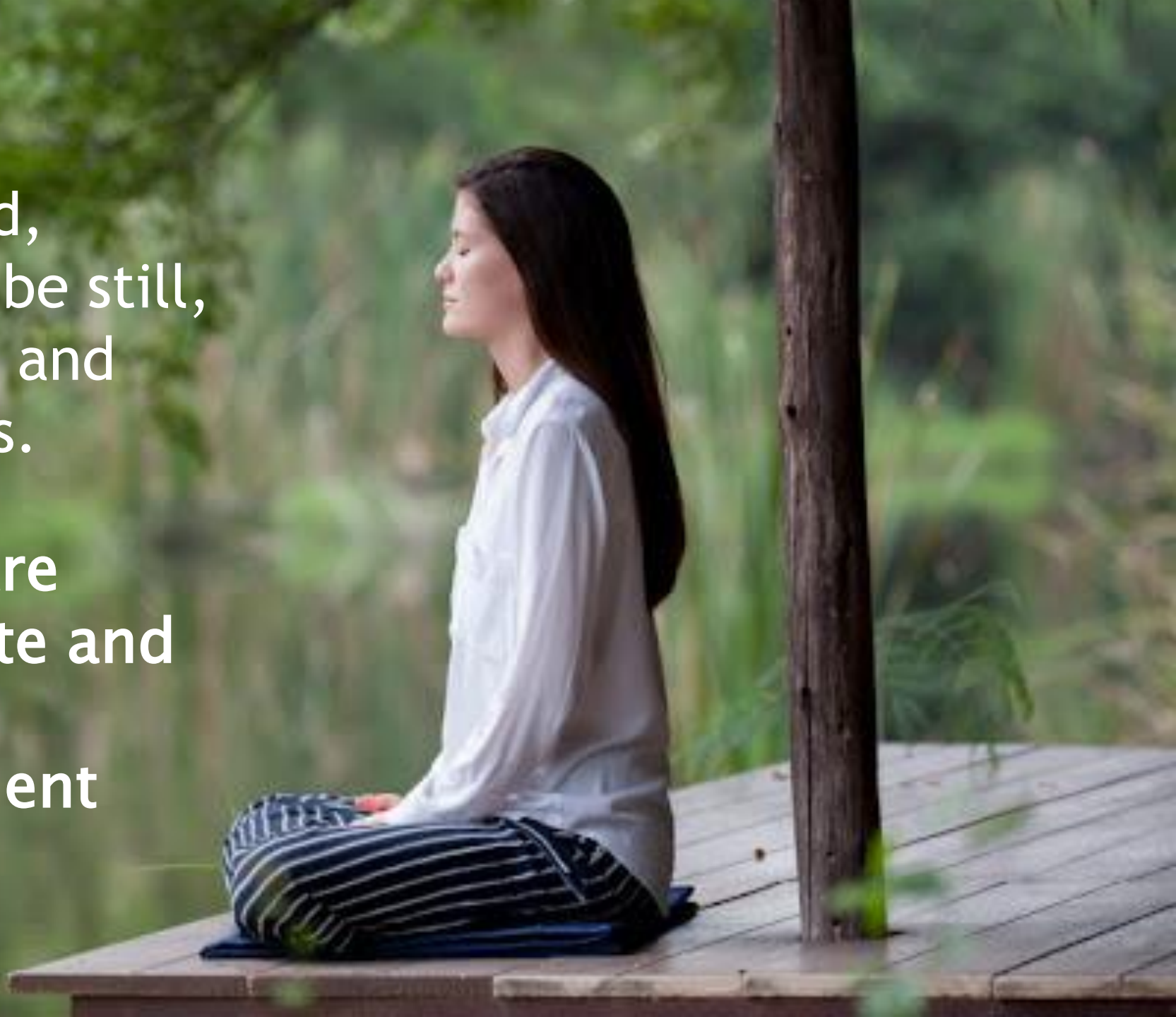


Reflection

If we are feeling worried,
maybe we could pause, be still,
take some deep breaths and
relax for a few moments.

In Buddhism, people are
encouraged to meditate and
be still.

Let's pause for a moment
and be quiet.





Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.



Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.