



## HOW TO DO THE PERFECT HANDSTAND

1. Find an area where the ground is flat and even, and where there is no furniture or other obstacles that could hurt you if you topple over. Grassy areas are good because the ground is softer.

2. Stand up straight and raise your arms above your head.

3. Swing your arms down toward the ground in front of you, bending your upper body as you do so.

4. When your hands touch the ground, you need to move your weight from your feet to your hands. Kick your feet upward, one after the other. This is the trickiest part of the handstand — if you don't kick your legs up high enough, they'll fall back down to the ground, and if you kick them up too hard, you'll flip over.

If you're finding it hard to get your legs to stay up, practice against a wall, or get a friend to catch your calves to steady you as you come up into the handstand.

5. Shift around on your hands a bit until you are nicely balanced. To help at first, keep your knees bent so that your feet hang over your head. Once you've practiced this, try to straighten your legs as much as possible.



Look for more awe-inspiring activities in *The Girls' Book: How To Be the Best at Everything*.

