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forwards and backwards, and left right & right left
and sideways, and up and down, and back and forward.
The first time I did it, I was very nervous and
worried about what would happen if I fell. But after
I did it a few times, I got used to it and it became
easier. It's like riding a bicycle - you have to
keep moving forward to stay balanced. The more
you practice, the better you get. I'm really happy
that I tried it and succeeded. It was a great
experience and I'm looking forward to doing it again.