

All About Balance



Everything you do - jump, run, play, you have to be balanced. If not, then you topple over. When you stand on one foot you lose balance but quickly find your balance again, by moving your hands. When the shape of your body changes, the center of mass of your body changes too, until you find it again and you are balanced.

You will need:

- 1 ruler
- 1 fruit/stone/
heavy object

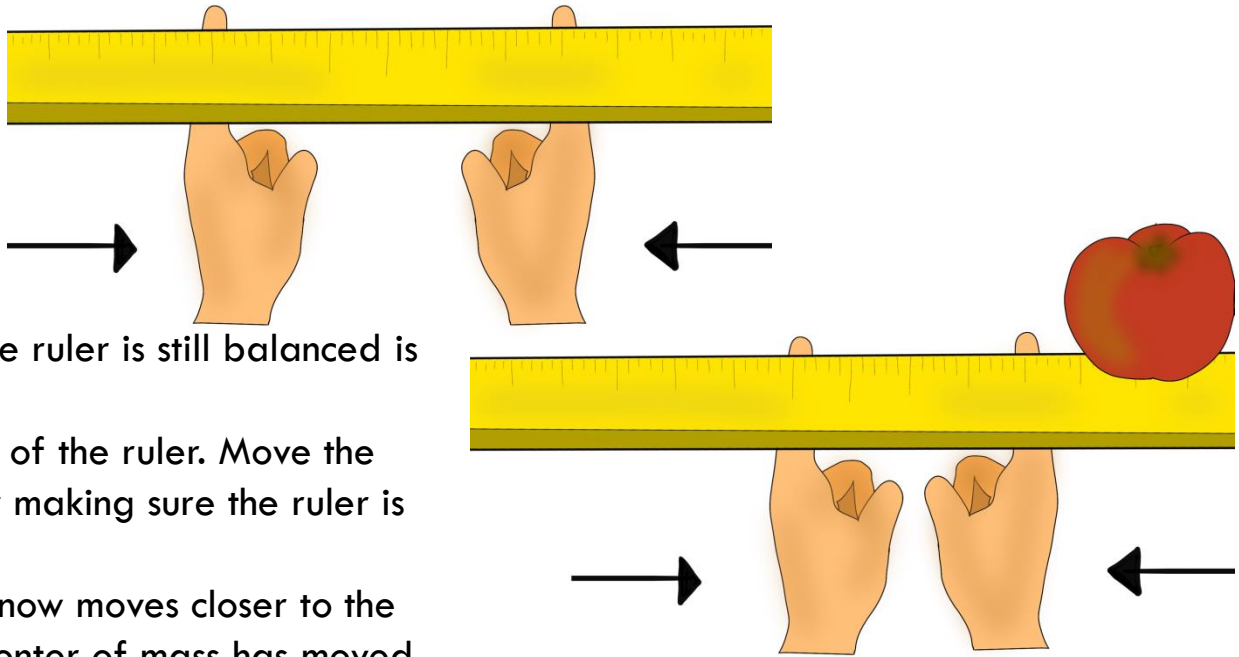
What to do...

- Put your pointer fingers on the ends of the ruler. Then slowly bring both pointer fingers closer towards each other.

The point where they meet and the ruler is still balanced is the center of mass of the ruler.

- Now balance a fruit on one end of the ruler. Move the pointer fingers toward each other making sure the ruler is still balanced.

The point where the fingers meet now moves closer to the end with the heavy object – the center of mass has moved.



When you build a tower from blocks, or go skating, or cycling, you have to find the center of mass of the whole structure to find the balance and stop it from falling over, you can find it by balancing it near the heavier end!

Content Created and Promoted By:



Lilika Zauberlab

www.lilikazauberlab.com

info@lilikazauberlab.com



Rotor Lab

www.rotor-lab.com

info@rotor-lab.com