

DO YOU THINK I CAN GET ALL OF THESE NAILS TO BALANCE ON ONE NAIL?

ANYTHING IS POSSIBLE!



Find the Center

Have you ever tried to balance a ruler on your finger? If you put one end on your fingertip, gravity takes hold, and—crash! The ruler falls. But if you place your finger directly under the center of the ruler, it balances. You're supporting its center of gravity—also called center of mass—or balance point.

Like that ruler, you can stay steady by finding *your* center, when school and life get stressful. Every day, start with a list of your most important tasks.

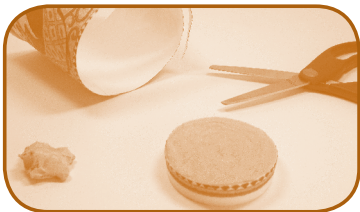
Which ones do you absolutely need to do? Add some time for play and fun. Think about the time each task will take—can you fit it all in?

Set realistic goals. If a task requires a lot of time and energy, break it into small steps and do a little each day. Stay centered and focused by updating your list. If unexpected problems pop up, be calm. Take breaks to rest, reflect, and remain in balance. And check out this cool trick!

Balance

You'll Need: Nine nails, about 1½" (3.8 cm) long, with ¼" (.6 cm) heads
a fist-sized piece of modeling clay • one 9 oz. (266 mL) disposable drinking cup • scissors • ruler

- 1 Cut off cup's bottom, leaving it ½" (1.3 cm) tall. Press clay flat into cup.



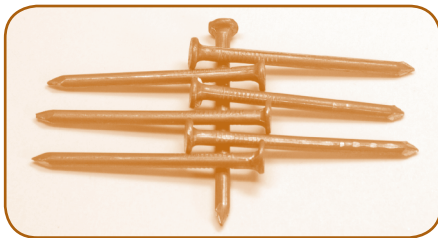
- 2 Press nail's tip straight into center of clay in cup.



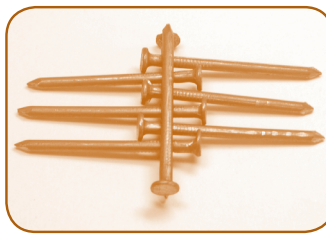
- 3 Place one nail on the table. Put another nail perpendicular to it, with heads about ¼" (.6 cm) apart.



- 4 Add five more nails so heads are about ¼" (.6 cm) from center nail's stem. Alternate the nail heads, so even and odd heads face opposite directions.



- 5 Lay last nail on top, parallel to bottom nail, but with head facing the opposite direction.



- 6 Pick up all eight nails by holding top and bottom nails' heads and tips. Center bottom nail on top of standing nail.



How it Works

Cool, right? The center of gravity for the group of eight nails is below the point where they rest on the central nail, so they balance stably on it without falling off.

