Think of one activity you know how to do such as figure skating, cooking, or shooting a basketball. Write an essay for your teacher that explains all about how to do this activity. Be sure to include step-by-step instructions so that someone else could do this activity.

A headstand isn’t that hard to do. It is important to know exactly how to do it. With practice and patience you will soon be able to do this.

All you need is a flat surface and comfortable clothes. Tuck in your shirt so it won’t fly into your face. You can practice near a wall while you are learning. Although you probably won’t need the wall, having it nearby might make you feel better. The wall will support you in case you tumble.

Now, get down on your knees and elbows. Put your hands on the floor in front of you, and lace the fingers together. Your hands will make a little cradle for your head to rest against. Your elbows should be right under your shoulders.

Next, put the very top of your head on the floor. The back of your head should rest against your hands. Make sure that your hands support your head and that your wrists and forearms are firmly placed against the floor. Soon your arms, shoulders, and head will support your whole body!

You might also want to have a friend spot you. (A spotter watches a gymnast or tumbler to prevent injuries.) That would also make you feel safer.

Straighten your legs and walk your feet close to your head. This will make your back lift up. Check that the very top of your head is touching the floor. Now raise one foot and bend it at the knee. Pull it in against your body. Lift the other foot as well. You are now supporting two bent legs in the air. If this feels strange, you might just want to practice this for a while. Then you can try the whole headstand later. The first time I did a headstand my friends were amazed. They couldn’t believe their eyes.

Lift your knees. Make your legs work together.

Once your knees are pointing straight up, you can raise your feet up into the air. Point those toes! Now you are doing a perfect headstand.

Now come out of the headstand. You have to do it right.

I hope you enjoy seeing the world upside-down!