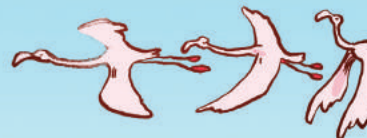




# Fascinating Flamingos



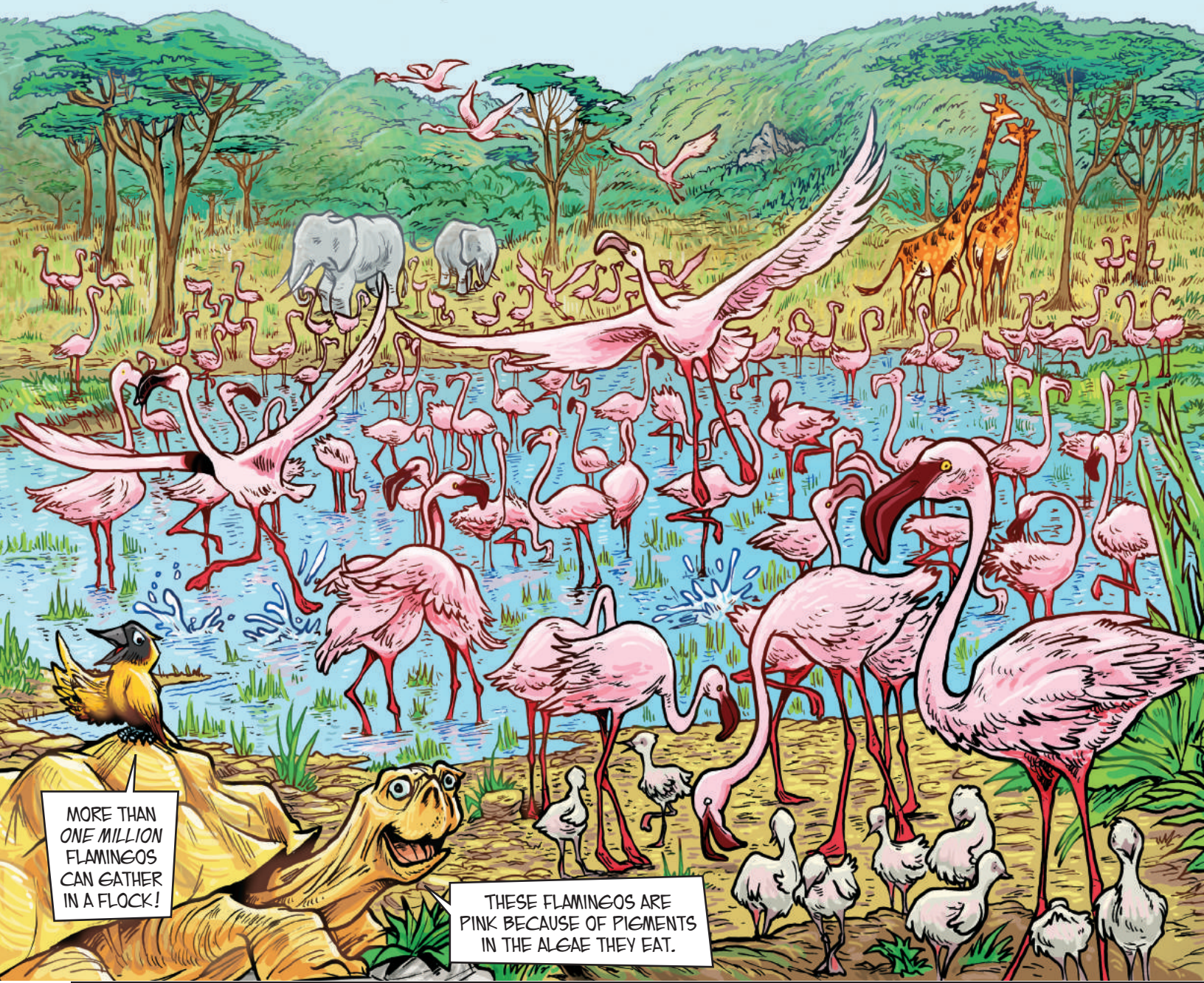
**H**ow long can you stand on one leg without toppling over? Flamingos can balance on one leg for hours at a time—even when they’re asleep! Scientists aren’t sure why they like to stand one-legged. One study found that it helps them retain body heat. It may also reduce their contact with tiny creatures in the water that can harm their health. Whatever the reason, it’s an impressive feat.

especially humans with busy lives. Schoolwork, sports, service, and other things compete for attention. Too many activities may make you tumble out of control.

If you feel your balance slipping, think about letting something go to free up time and energy. Or add prayer or meditation to boost your spirit. Make a list of what’s most important to help you focus your energy. It takes diligence and patience to stay balanced. But as the flamingos would tell you, it’s worth the effort—and it helps you stand tall.

Finding balance can be tricky for anyone—

**In this lake in Kenya, find the 15 flamingos that are standing on one leg.**



MORE THAN ONE MILLION FLAMINGOS CAN GATHER IN A FLOCK!

THESE FLAMINGOS ARE PINK BECAUSE OF PIGMENTS IN THE ALGAE THEY EAT.