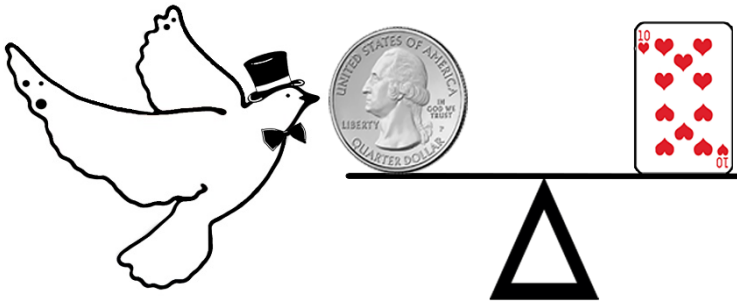


# Well-Balanced Quarter



**Magical Effect:** A quarter is placed in the center of a playing card and carefully balanced on the tip of the magician's index finger. The magician "flicks" the card and it spins away, but miraculously the quarter remains perfectly balanced on the tip of the index finger.

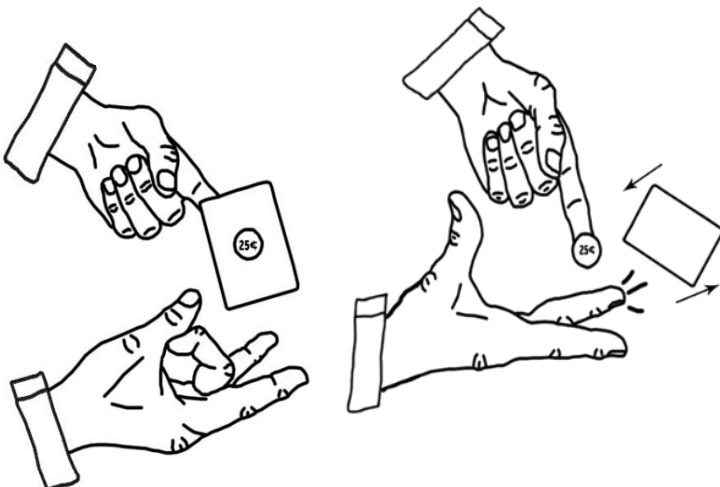
## Character Message:

Living a well-balanced life increases the chances of success. True success only occurs when there is a challenge.

**Materials Needed:** Any playing card and a quarter.

**Presentation:** Place the quarter in the center of the playing card and carefully balance it on the tip of your index finger. Follow the secret method and give the card a quick flick with your finger. Recite the character message about balance and the importance of embracing life's challenges.

**Secret Method:** The secret is to flick quickly on the corner of the card in such a manner that the card will spin and shoot out leaving the quarter behind. As shown in the diagram, make sure to flick sideways. If you flick upwards or downwards, the quarter will fall. Also, do not stop the flicking motion when your finger makes contact with the card. Follow the motion all the way through so the card gets the full impact of the flicking motion.



## Balance Discussion:

How long can you balance on one foot while singing a song, chewing gum and clapping your hands? It is a fun challenge. Try it. Many things we do rely on our ability to balance. Even walking requires us to balance. Physically we need the ability to balance, but we also need to maintain balance in our lives. Balancing our lives is critically important. What does it mean to have a well-balanced life? Having a well-balanced life involves many areas such as diet, exercise, family/friends, sleep/rest, and work/play. Here are some things you can do to help have a well-balanced life:

1. Eat a healthy balanced diet.
2. Exercise regularly.
3. Get enough sleep daily.
4. Do something fun daily.
5. Work toward your goals daily.
6. Provide a compliment to yourself and others.
7. Perform an act of kindness.
8. Smile often and make someone else smile.
9. Be grateful.
10. Be positive.

We shouldn't eat only sweets for our meals, should we? No, we need to eat well-balanced meals. We shouldn't only exercise our arms, should we? No, we need a balanced exercise program.

**Aristotle** (Greek philosopher born 384 BC) said: "Moderation in all things."

## Discussion of Challenges:

Without a risk of failure, one can never feel successful. The feeling of success only comes when there is a chance of failing. This is why it is important to welcome challenges and overcome them. When setting goals, don't make them too easy. If tasks are too easy and there is no challenge at all, at the end, it is impossible to feel successful. If the tasks are too hard, it can be too frustrating and you may want to give up. It is important our goals have just the right amount of challenge.

## Performance Patter (Script):

Balancing this card and quarter on my finger reminds me to live a well-balanced life and to encourage myself to accept life's challenges-- even if they appear to be impossible. If at first I don't succeed, I'll remember to, try, try, try again because the feeling of success is worth it. Living a well-balanced life increases the chances of success. True success only occurs when there is a challenge. Flicking the card just right is a challenge and if the quarter isn't well-balanced, it will fall. It is important in life that we too are well-balanced, or we too may fall and come short of achieving our goals. If we are well-balanced, we can accomplish great success.

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