

# Beach walk

*Feeling the muscles in your legs*



Where can you feel something?

Maybe your foot, heel, toes, leg or knee?

How does it feel?

Tight, warm, stretched, loose or tingly?



**1**

Move your front foot so only the heel is touching the floor.



**2**

On the same foot, lift your heel and point your toes so only your toes are touching the floor.



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# Deep breathing

*Focusing on your breath*



**1** Breathe in slowly through your nose for three seconds.



**2** Breathe out slowly through your mouth for three seconds.



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# Happy hands band

*Feeling the muscles in your hands*



Where can you feel something?

Maybe your palm, fingers, thumbs or knuckles?

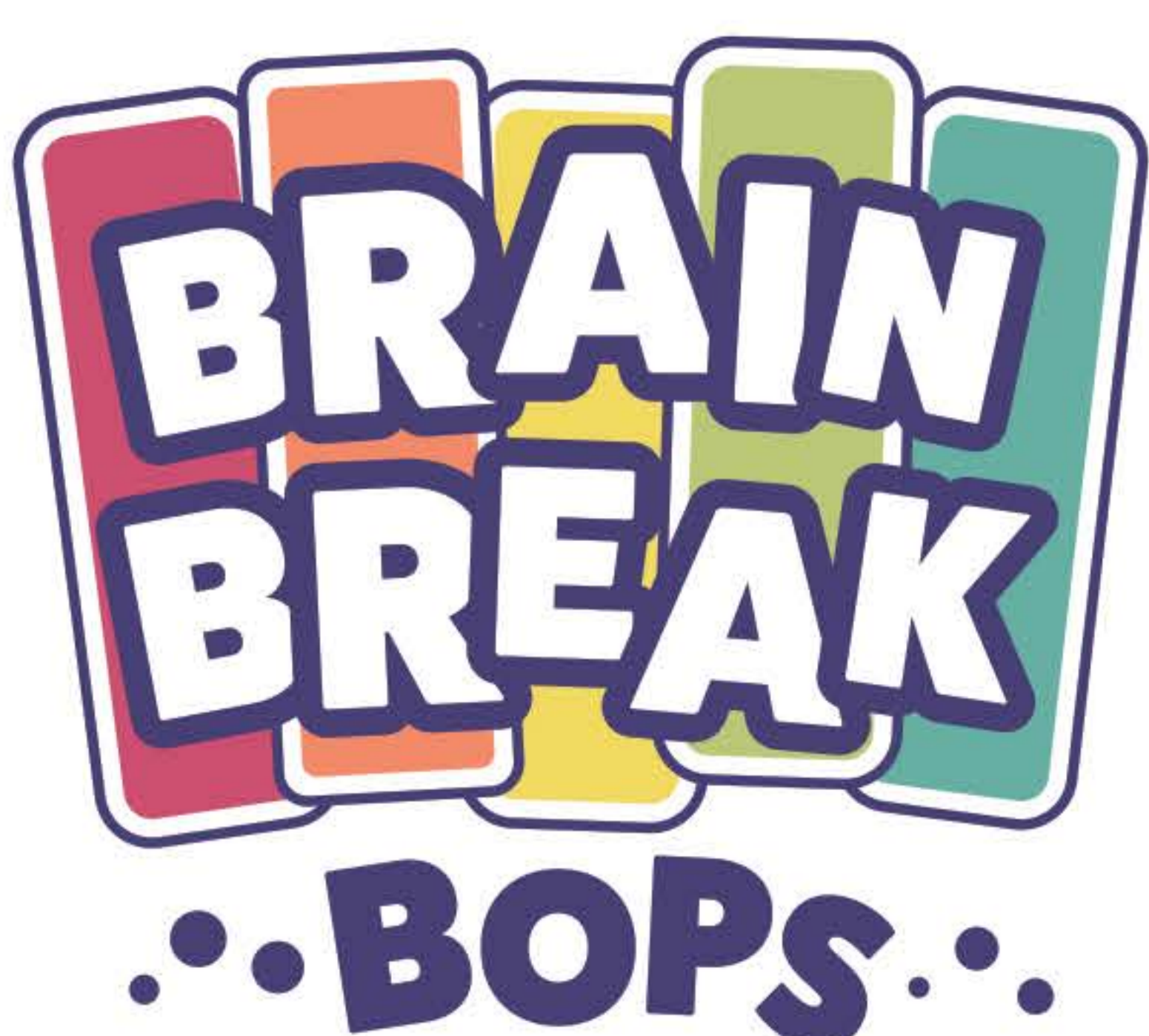
What can you feel?

A pull, tightness, tingles or warmth?



**1**

Stretch your fingers as wide apart as possible and hold them stretched out like that for 30 seconds. Now rest and relax.



Follow the Happy hands band video  
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# Rocket launch

*Feeling the muscles in your body*



Where can you feel something?

Maybe your arms, elbows, shoulders or tummy?

How does it feel?

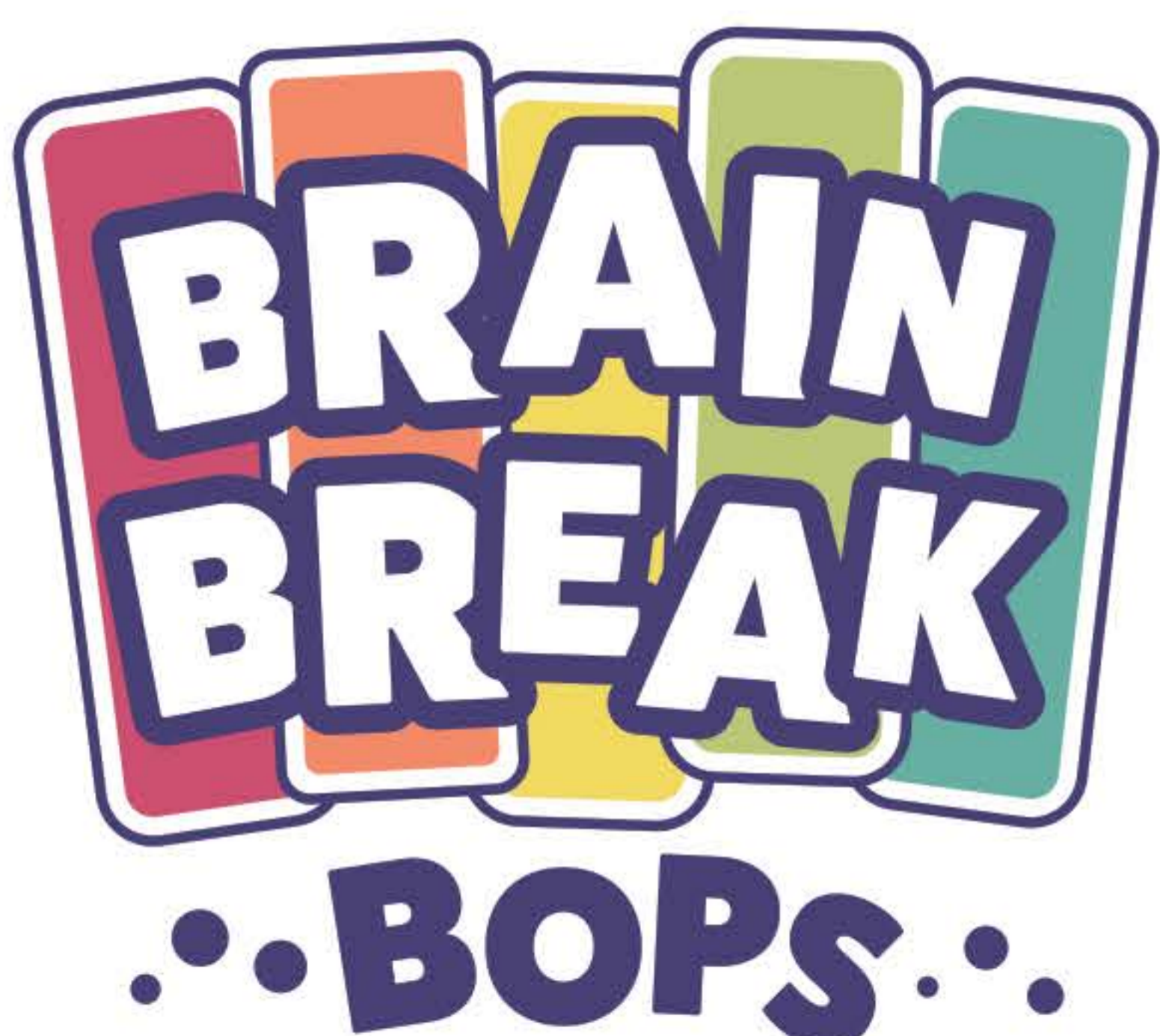
Shaky, tiring, squeezed or stiff?

**1**

Hold your chair or the floor beside your legs.

**2**

Now push down with your arms and lift your bottom up.



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# Rocking bug

*Feeling the muscles in your tummy*



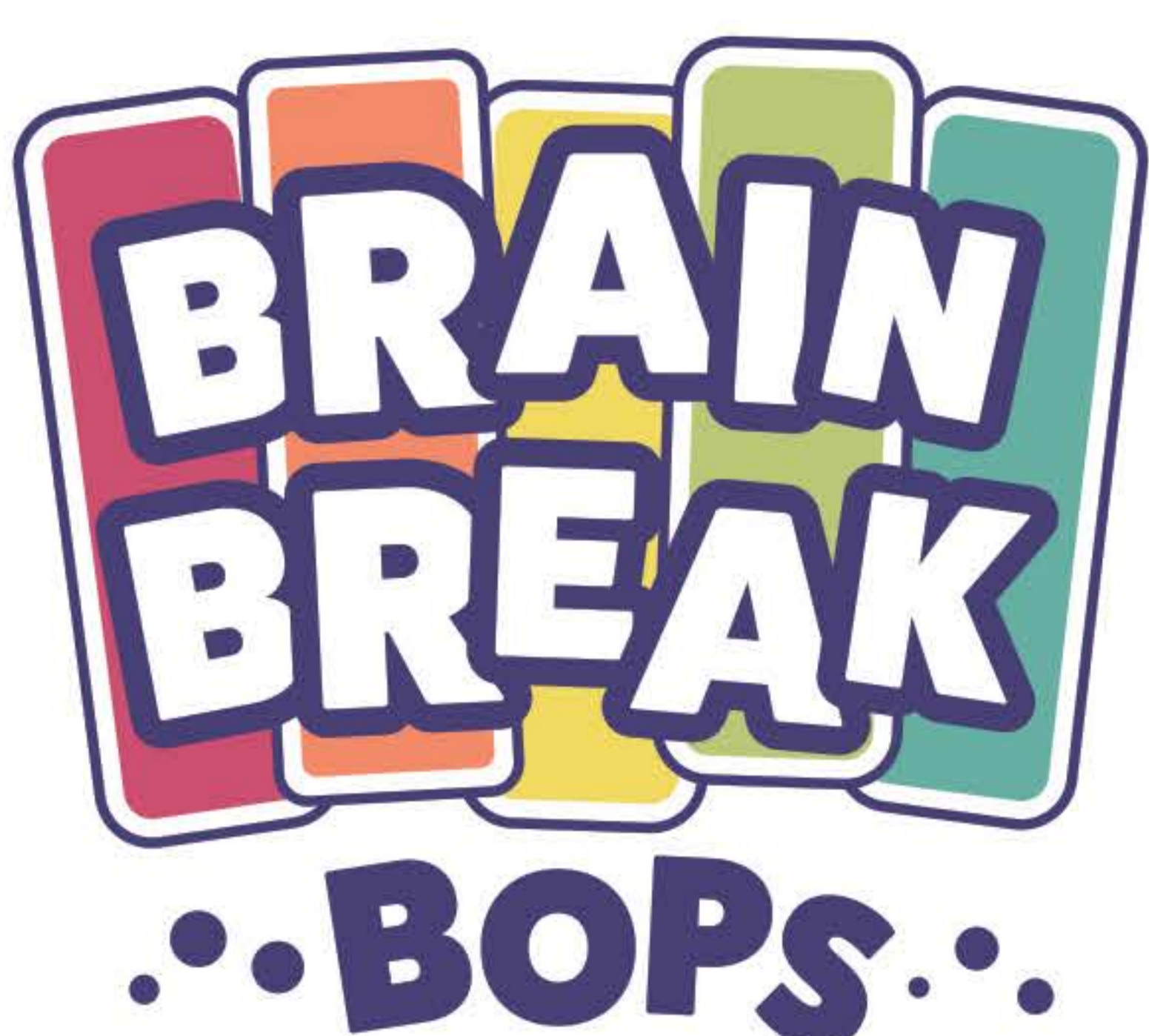
**1**

Sit on the floor and bring your knees to your chest.



**2**

Lean back and rock forwards and backwards.



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