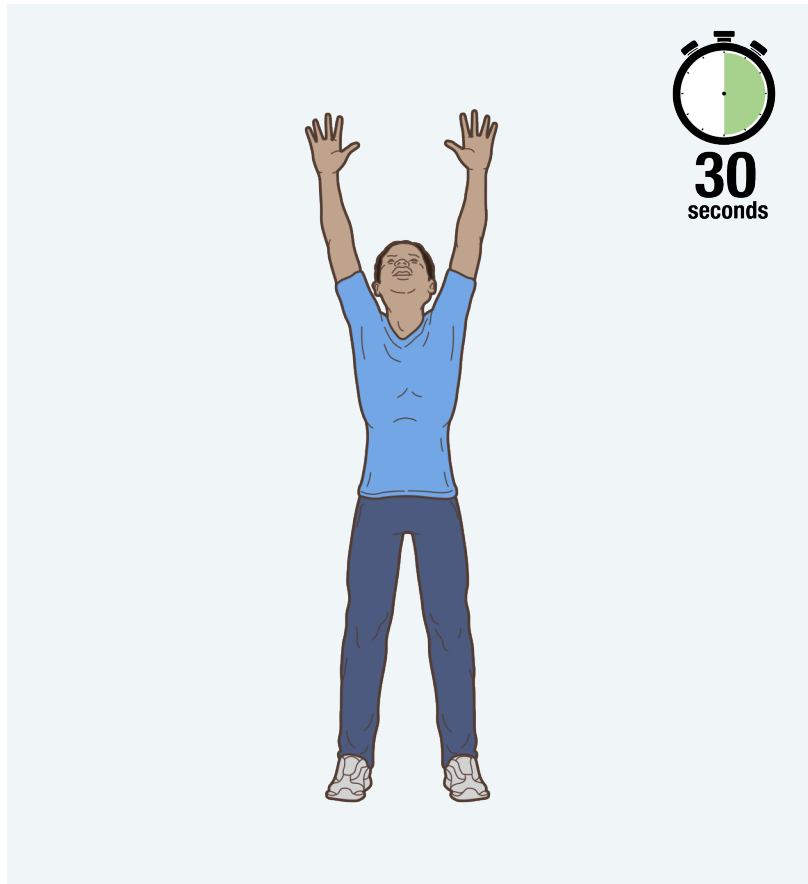


# Activity 26: Giraffe stretch

Video demonstration



1. Stand up tall. Put both arms up and reach up as far as you can.
2. Pretend you are a giraffe, stretching your long neck up to the sky.
3. Keep holding the stretch for 30 seconds.

*Where did you feel it in your body?*

4. Now repeat the giraffe stretch but this time focus on one of the body parts you identified in step 3.

*Where did you feel it in your body this time doing the giraffe stretch? Did you feel it in the same place or somewhere new?*