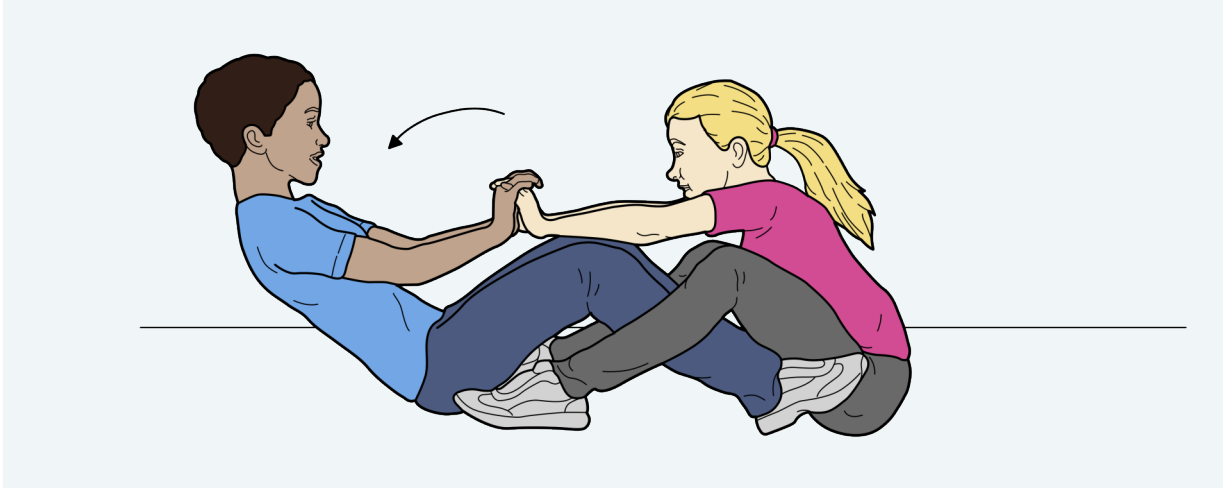


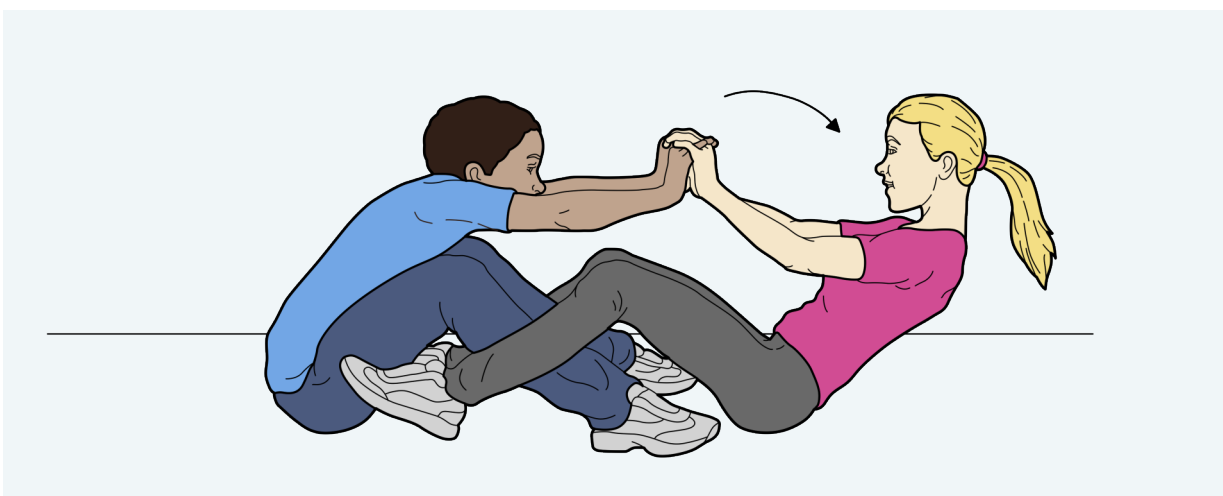
# Activity 29: Row, row, row your boat

Video demonstration



1. Find a partner and sit on the ground facing your partner.
2. Start singing the lyrics to the song 'Row, row, row your boat' with your partner:

**Row, row, row your boat,  
gently down the stream,  
merrily, merrily, merrily, merrily,  
life is but a dream.**



3. As you sing the song, put your hands up against your partner's hands, have your knees slightly bent.
4. Push your hands against your partner's as you rock backwards and forwards in a 'rowing motion'.  
*Where did you feel it in your body as you were rowing?*
5. Now repeat the rowing movement with your partner but this time focus on one of the body parts you identified in step 4.

*Where did you feel it in your body this time while rowing with your partner? Did you feel it in the same place or somewhere new?*