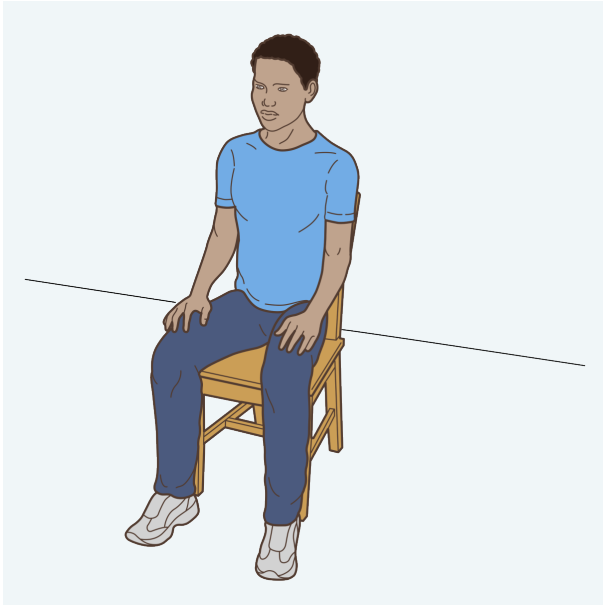
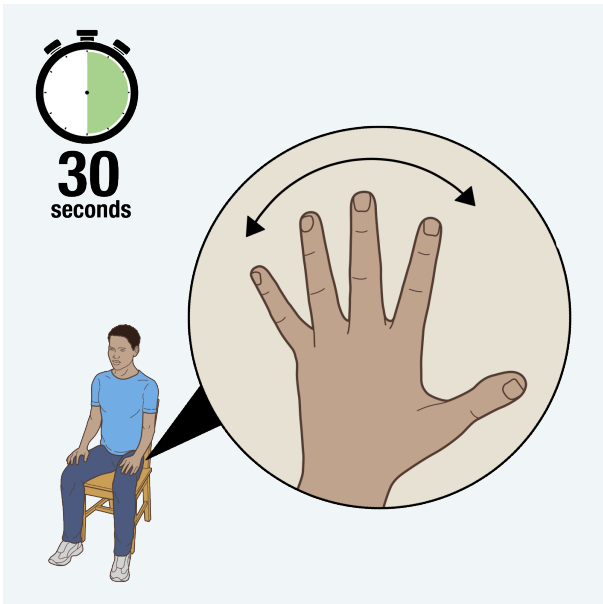


# Activity 1: Feeling muscles – hands

Video demonstration



1. Sitting down, rest your hands on the top of your thighs.



2. Now stretch your fingers as wide apart as possible and hold them stretched out like that for 30 seconds. Then rest them back, so they are relaxed again.

*Where could you feel a difference in your body when your hands were relaxed and when your hands were stretched? (Get students to point/sign/say where they felt something.)*

3. Now pick one of the parts of the body identified by a student and repeat 1. and 2. focusing on that body part. For example, focus on the webbing of your hands while your hands are relaxed, now stretch the fingers as wide apart as possible and focus on how the webbing between your fingers feels.