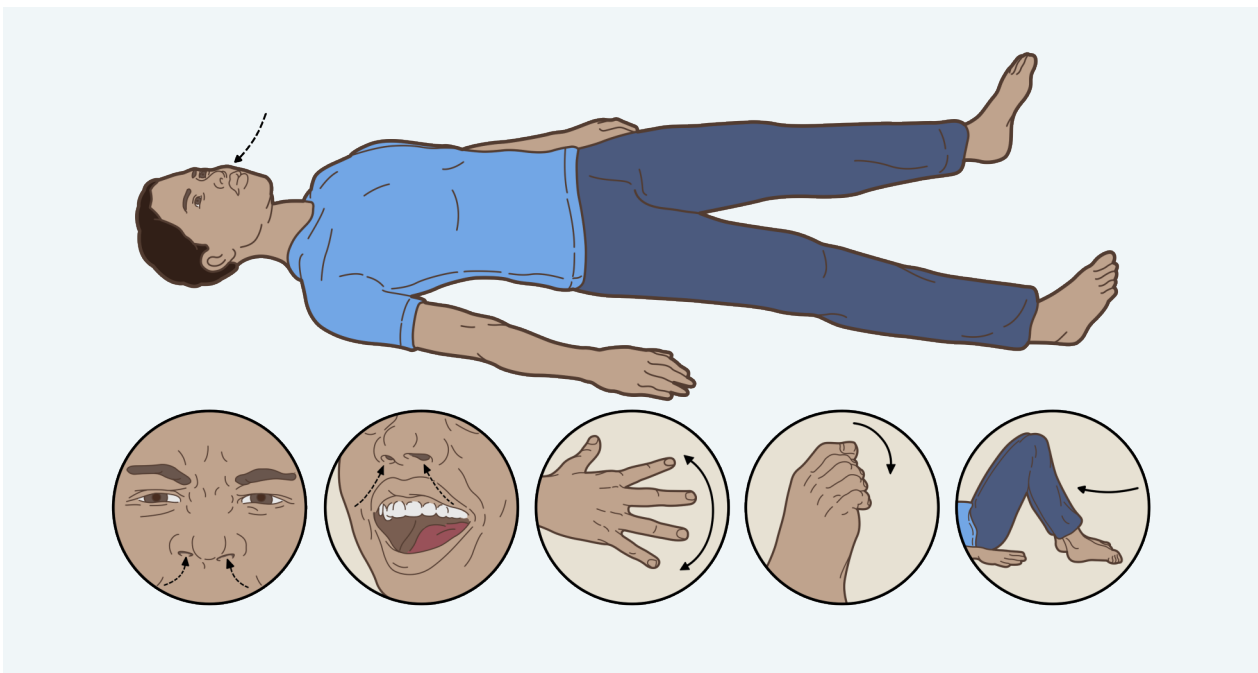


Activity 5: Feeling muscles – whole body

Video demonstration



1. Lie down in a space on the floor, with your arms relaxed by your side. You can close your eyes if you want to. Breathe slowly.
2. As you breathe in scrunch your eyes and forehead and then as you breathe out relax them again.
3. As you breathe in open your mouth as wide as possible then as you breathe out relax your mouth.
4. Keep breathing slowly.
5. As you breathe in stretch your fingers apart as wide as possible, then as you breathe out, relax your fingers.



6. Now stretch your fingers and your arms as you breathe in, stretch as much as possible.
7. As you breathe out, relax your arms and fingers.
8. As you breathe in curl your toes up to scrunch your feet, then relax your feet as you breathe out.
9. Now as you breathe in scrunch your toes up and pull your feet in towards your body just using your leg muscles, and relax as you breathe out.
10. Breathe slowly in and out for a few breaths and then when you are ready, breathe in and tense up your face, hands, arms, feet and legs and then slowly breathe out and relax all the muscles.
11. Stay relaxed and breathe in and out slowly for a few more breaths.
12. Now repeat this activity focusing on how each part of the body feels when it is stretched or scrunched compared to how it feels when it is relaxed.