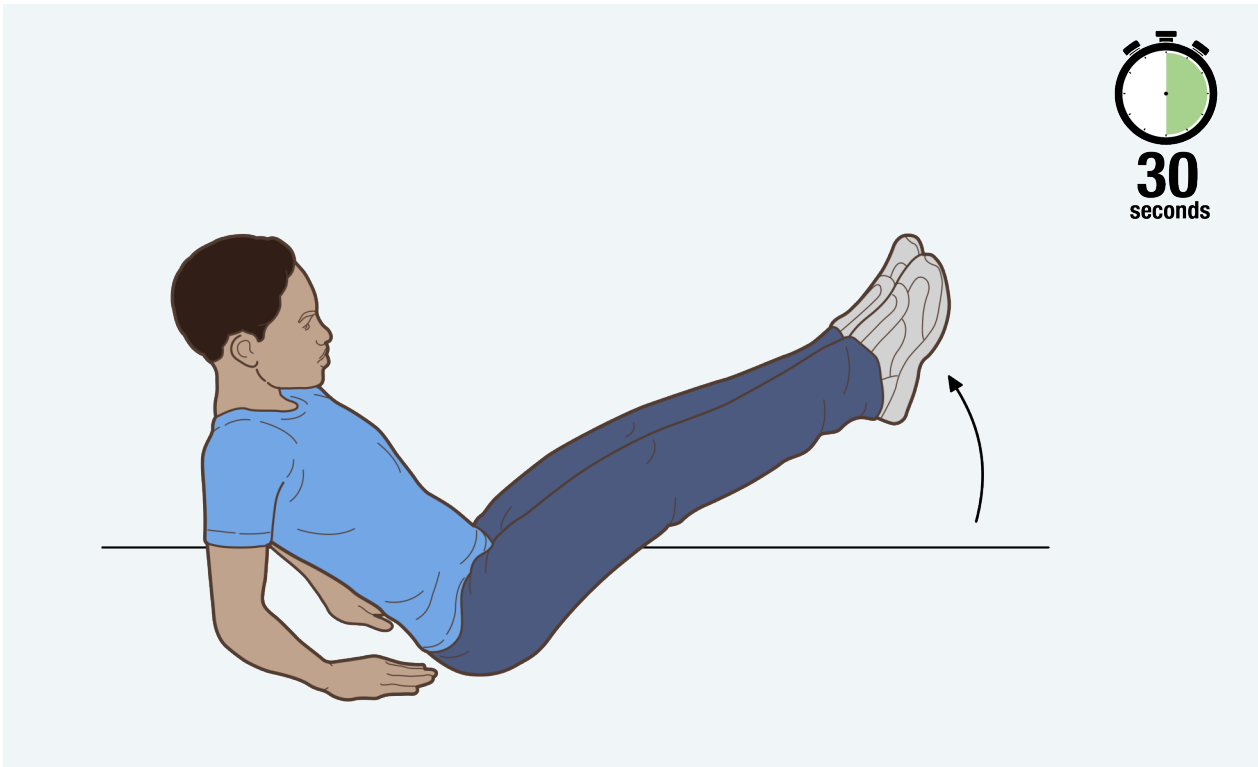


# Activity 16: Core muscles

Video demonstration



1. Sit down on the floor. With your bottom on the floor, raise your legs into the air. If you need, put your hands on the floor to support you.
2. Now hold your legs in the air for 30 seconds. Younger students can start by holding for just 10 to 15 seconds and build up over time.

*Where did you feel it in your body when you had your legs in the air?*

3. Now repeat the activity, but this time focus on the part of the body where you felt it the first time.

*Did you feel the stretch more intensely doing it for the second time?*