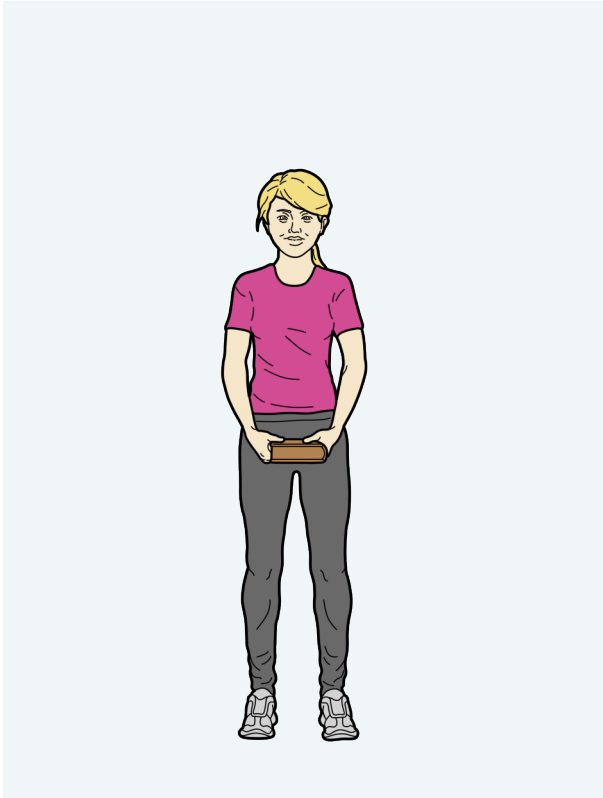
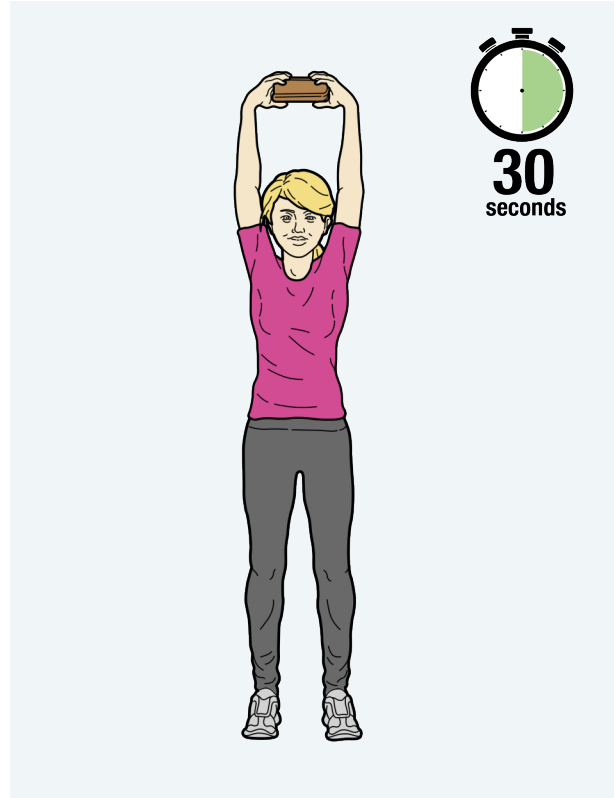


Activity 19: Shoulder stretch

Video demonstration



1. Start by grabbing two books.



2. Lift your arms up while holding the books in your hand.

3. Hold this pose for 30 seconds.

Where did you feel it in your body when we were stretching?

4. Now repeat the shoulder 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 lifting the books? Did you feel it in the same place as last time or somewhere new?