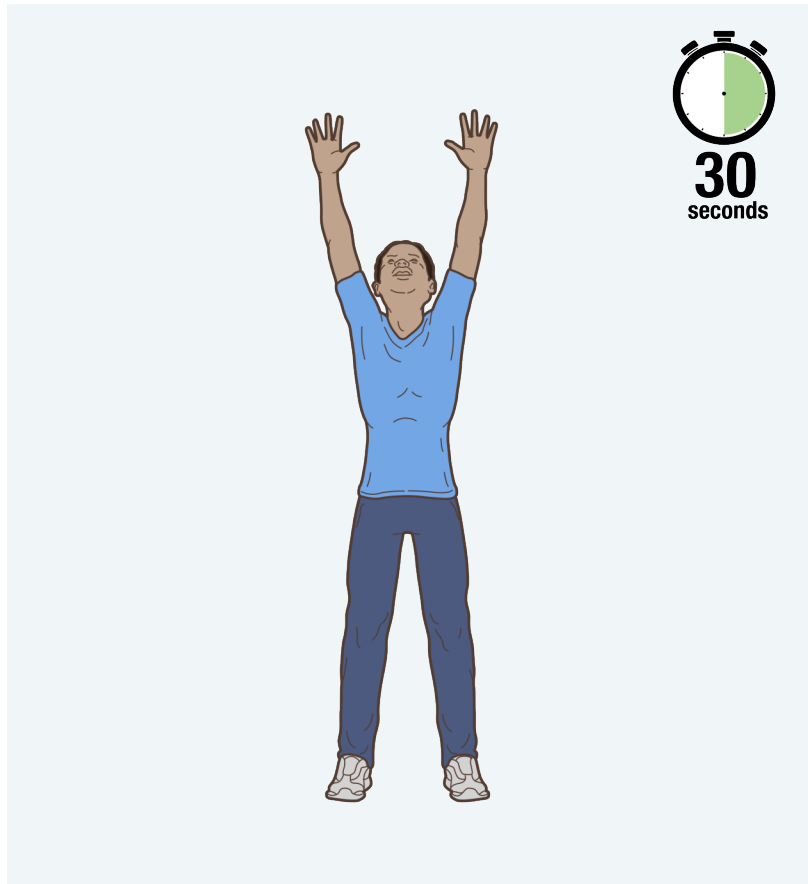


Activity 26: Giraffe stretch

Video demonstration



1. Stand up tall. Put both arms up and reach up as far as you can.
2. Pretend you are a giraffe, stretching your long neck up to the sky.
3. Keep holding the stretch for 30 seconds.

Where did you feel it in your body?

4. Now repeat the giraffe 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 doing the giraffe stretch? Did you feel it in the same place or somewhere new?