



1. For this activity either stand up or sit in a chair.
2. First, slowly tilt your head side to side three times. Tilt it to one side of your body and then slowly tilt it to the other side of your body.
3. Now turn your head from side to side three times. Slowly turn your head to the left, then back to the middle, then turn your head to the right.
4. Now repeat the activity but this time focus on the part of the body you identified in step 3.

*Where did you feel it in your body this time doing the stretch?
Did you feel it in the same place or somewhere different?*