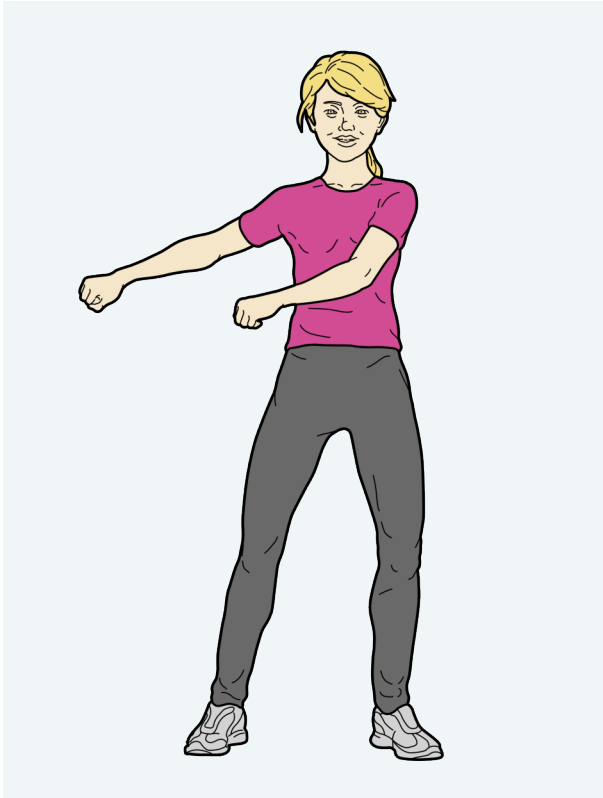


Activity 25: Flossing

Video demonstration



1. Start by standing up with your hands by your side. Place both hands to the right side of your body.



2. Swing your right hand behind your back and your left in front of you. Swing them back out and across your body.
3. Swing your left hand behind your body and your right in front of you.
4. Repeat these movements for 30 seconds.

Where did you feel it in your body?

5. Now repeat the flossing movement but this time focus on one of the body parts you identified in step 4.

Where did you feel it in your body this time while flossing? Did you feel it in the same place or somewhere new?