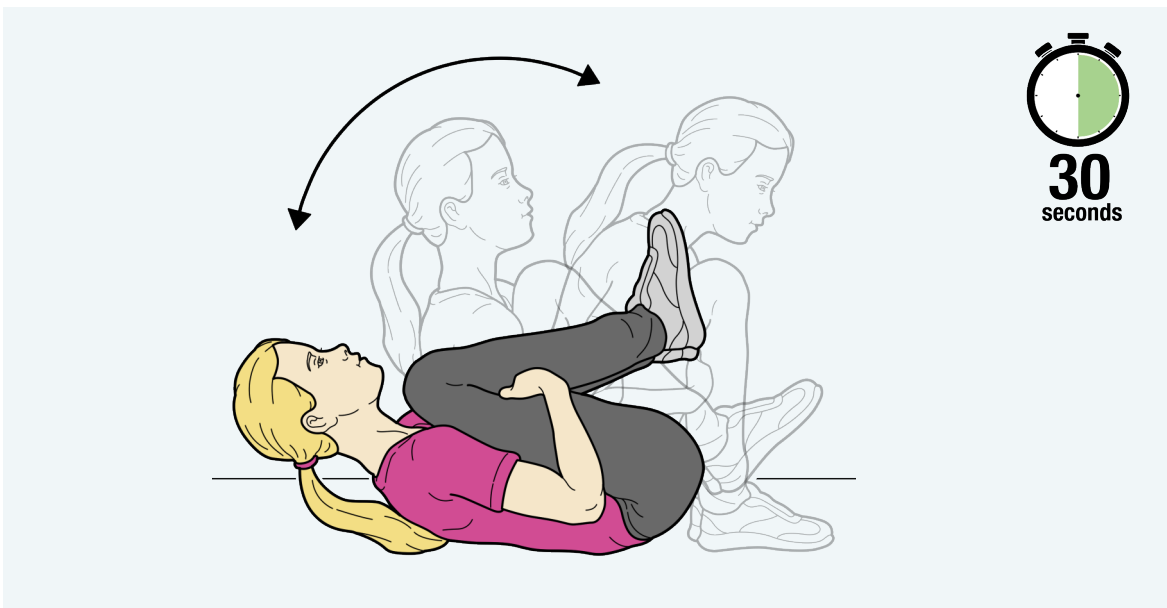


Activity 27: Rocking bug

Video demonstration



1. Sit on the floor and link your hands under your knees.



2. Lean backwards and rock forwards and backwards.

3. Keep gently rocking for 30 seconds.

Where did you feel your body touching the floor? Point to that part of your body.

4. Now repeat the activity, but this time rock sideways instead.

Does it feel different?

Where did you notice it this time when you were rocking sideways?

5. Now choose to either rock forwards and backwards or sideways. Focus on how your body feels when it is rocking.