

Movement



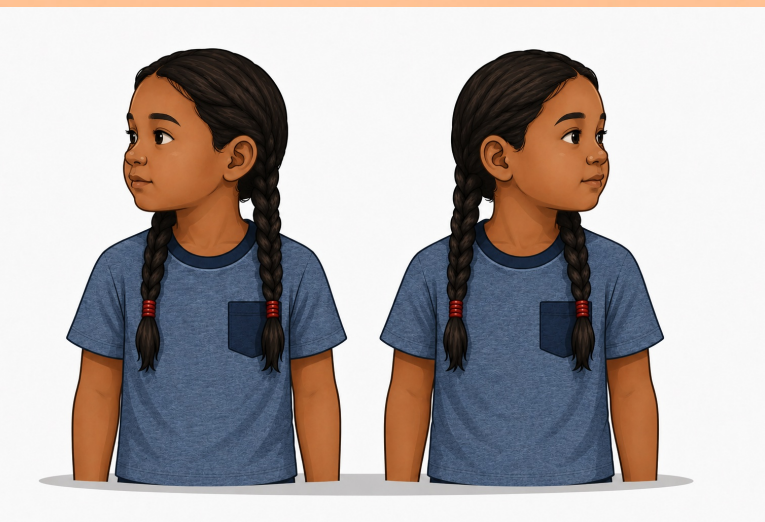
Reach Up High

Slowly reach your arms up high. Then bring them back down.



Push the Wall

Put both hands on a wall. Push against it for a few seconds, then stop.



Look Side to Side

Slowly turn your head to look one way, then slowly look the other way.



Hug Your Knees

Sit or lie down. Bring your knees close and give them a little hug. Then let go.