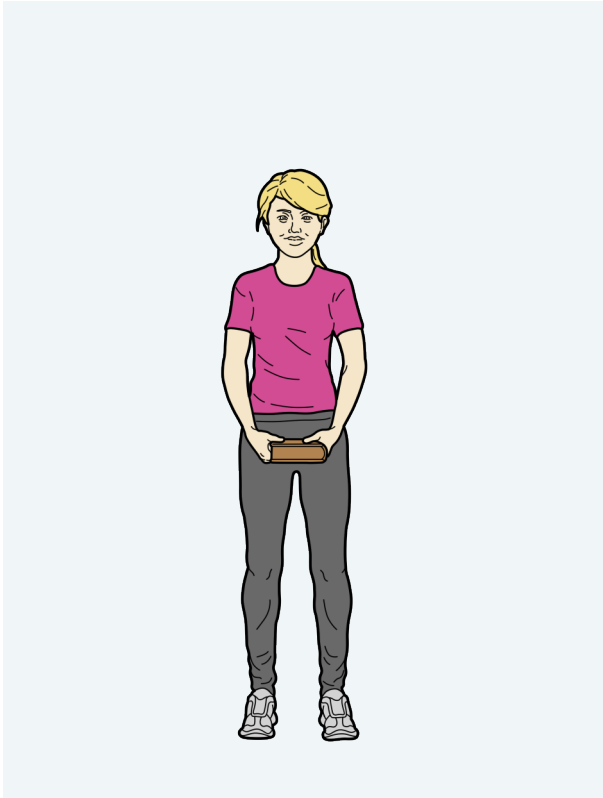
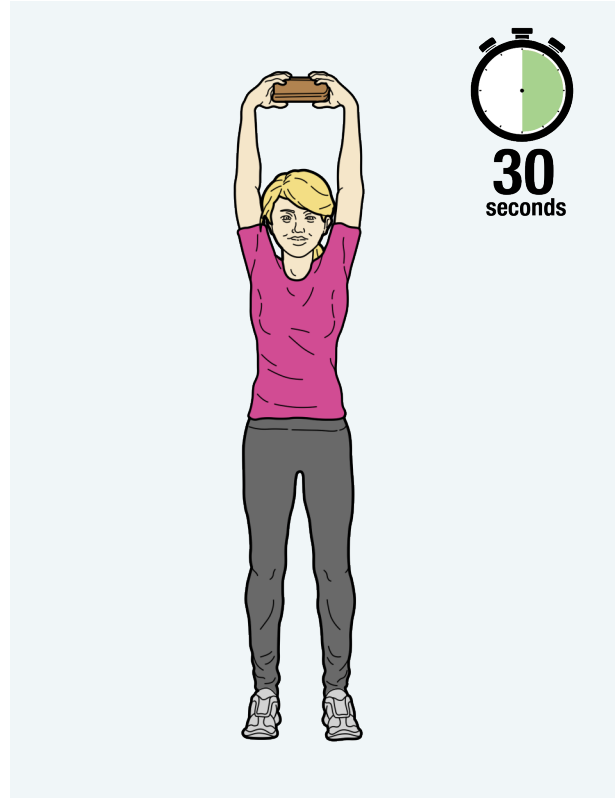


# Activity 19: Shoulder stretch

Video demonstration



1. Start by grabbing two books.



2. Lift your arms up while holding the books in your hand.

3. Hold this pose for 30 seconds.

*Where did you feel it in your body when we were stretching?*

4. Now repeat the shoulder 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 lifting the books? Did you feel it in the same place as last time or somewhere new?*