

Beach walk

Feeling the muscles in your legs



Where can you feel something?

Maybe your foot, heel, toes, leg or knee?

How does it feel?

Tight, warm, stretched, loose or tingly?



1

Move your front foot so only the heel is touching the floor.



2

On the same foot, lift your heel and point your toes so only your toes are touching the floor.



Follow the Beach walk video
Student Wellbeing Hub
bit.ly/brain-break-bops

