

Hold your hand out like this:



Can you bend each of the fingers in your hand one at a time without the other fingers bending?

As you bend your fingers, feel the muscles in your arms. What are they doing? What do they feel like?

Lift one of your feet up and down like this:



**Which muscles are you using?
What do the muscles feel like?**

How many times can you lift your foot up and down before your muscles start to feel tired?

Hold your arm out like this:



Feel your muscles as you bend your arm. Explain what is happening to your muscles to a partner.

What happens if you move your arm in other ways, such as lifting it above your head? Which muscles can you feel? What do they feel like?

Feel your jaw like this:



Move your mouth as though you are eating. Which muscles can you feel?

Can you make the muscles in your jaw go hard? Can you make them relax again?

Are there any other muscles in your head and neck you can feel?