

Move it

RELAXERS PHYSICAL MOVEMENT AND LEARNING

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chopsticks

On a partner's back do gentle chops with the back of your hand. Do them across your partner's back but do it gently.



eyes

Practise rolling your eyes in circles one way slowly, then the other way slowly. Now close your eyelids and try again.



centre up

Place the tips of your thumbs against the bones at the top of your chest and just under your neck. Feel around till you find a little hollow. Now push gently but firmly in then up. Do it several times. Now close your eyes and do it.

