

Pupils are asked to

- 😊 find a small personal space in which they can move freely;
- 😊 reach up towards the ceiling and slowly bend out and over until they are almost touching their toes with their knees bent;
- 😊 roll up using their spines like a snake's;
- 😊 repeat the above exercise several times;
- 😊 do a good shake-out by wiggling their fingers, then their hands, their arms, their shoulders, their chests, their heads, their hips, their legs, their knees, their ankles, and finally their feet until they are wiggling everything;
- 😊 wiggle loosely, not too hard, for a moment or two until they are asked to freeze; and
- 😊 repeat the above exercise several times.