

Separate your legs like scissors

Waterfall your arms

Run a marble around the face of a clock  
(centring pelvis)

Imagine you are working between two panes of  
glass

Swimming like an aqua man

Imagine the diaphragm as an elevator (standing  
position)

Imagine Puppet strings on your hips pulling  
them up

Stand straight like a toy soldier

Roll out the dough

Shoulders melt down

Spread arms like an albatross

Picture your spine curling over like a wave

Imagine your spine rolling up like an autumn  
leaf or a piece of paper

Imagine painting a balloon in the sky with your  
toe

Hollow your belly like a fish bowl

Spine is like a bicycle chain

Contract your abdominals like a zipper down the  
front of your body

Picture your heels being pulled together like  
strong magnets

Lungs like bellow

Light sabres out at the fingertips

Muscles glued onto the bones

Spine as coloured building blocks and re-stack

Feet creating footprints in sand

Imagine your belly is like a floating water raft,  
inhale and exhale to inflate and deflate

Plant feet to floor like a rooted tree

Imagine your trunk like a dolphin arching out of  
the water

Slide your shoulder blades down your back and  
into your back pocket

Imagine a paintbrush attached to your toe and  
paint a circle

Legs strong as steel rods

Spine like having a broomstick down your back

Imagine a heavy dinosaur tail extending to the  
floor (pulling bottom down)

Buttons fastening the back of your legs and  
glutes together

Imagine an accordion in your ribcage

Arms and legs like a dart

Head being lifted up by a balloon

Two balloons tied to wrists

Beat like a drum (100)

Patting a puppy's head (100)

Dip your toe in the water

Imagine you are unbuttoning a cardigan – roll up  
button by button

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**Stand straight like a toy soldier**

**Roll out the dough**

**Shoulders melt down**

**Spread arms like an albatross**

**Picture your spine curling over like a wave**

**Imagine your spine rolling up like an autumn leaf or a piece of paper**

**Imagine painting a balloon in the sky with your toe**

**Hollow your belly like a fish bowl**

**Spine is a pearl necklace lift the spine off pearl by pearl and lower the same way.**

**Contract your abdominals like a zipper down the front of your body**

**Picture your heels being pulled together like strong magnets**

**Lungs like bellow**

**Light sabres out at the fingertips**

**Muscles glued onto the bones**

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