

Rocking bug

Feeling the muscles in your tummy



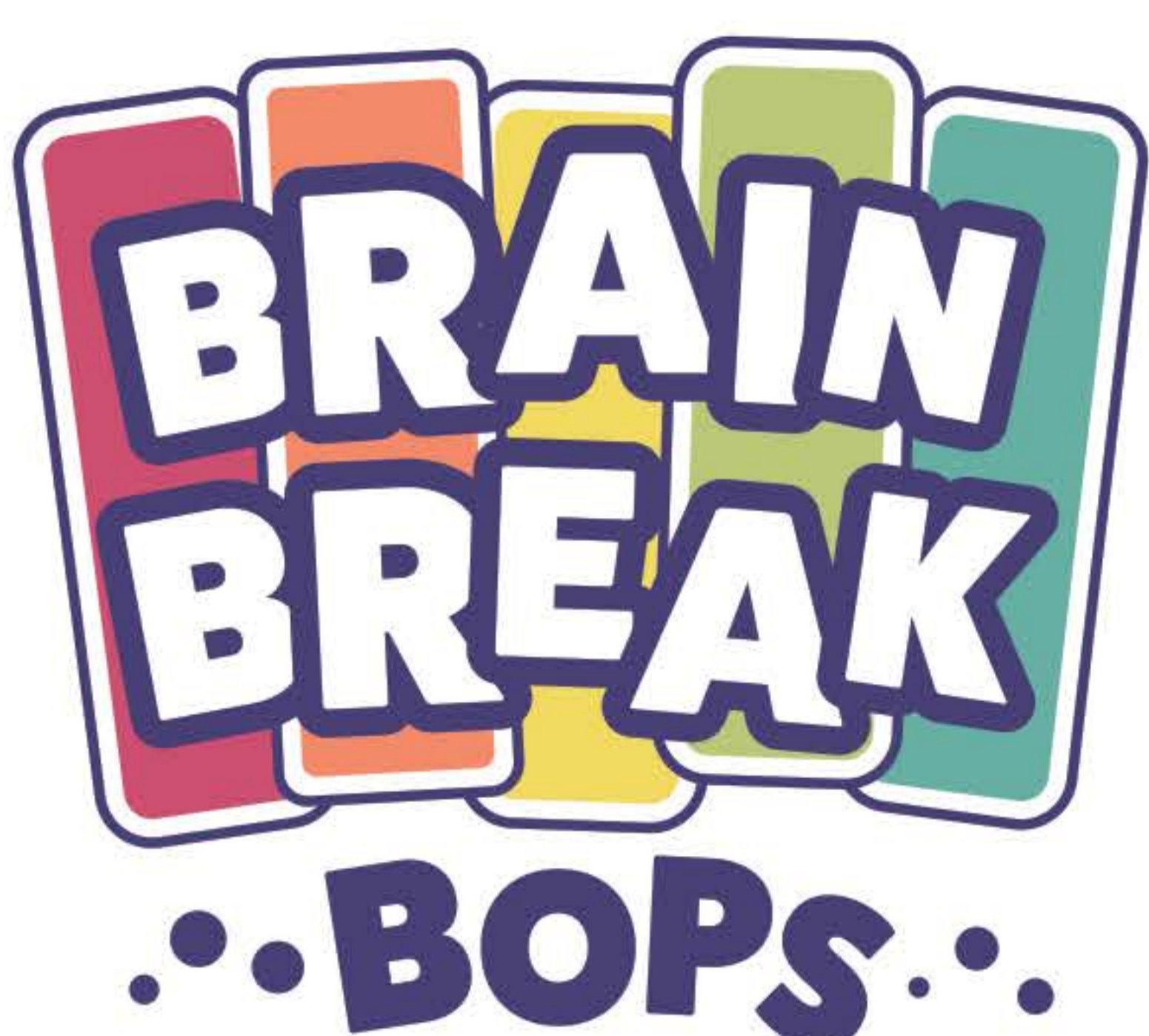
1

Sit on the floor and bring your knees to your chest.



2

Lean back and rock forwards and backwards.



Follow the Rocking bug video
Student Wellbeing Hub
bit.ly/brain-break-bops

