

# PILLOW DANCE

Put on your favourite music and start dancing, jumping and goofing around with a pillow in your hands. When one of you stops the music, the pillow must be placed on the floor, and one of your body parts on top of it:

- ✓ head
- ✓ butt
- ✓ belly
- ✓ side
- ✓ elbow
- ✓ knee
- ✓ hip
- ✓ forefinger
- ✓ heel
- ✓ ankle

Repeat as many times as you like!



Body perception and control

## Hoksausboksi

