

Vestibular Groove: Pause and Feel



Spin to the left, round and round you go,
Arms out wide, spinning nice and slow.
Turn one time, maybe two or three,
Then freeze like a statue—1, 2, 3!

Stop, hold—freeze in place—
Take a breath—be quiet and still.
How does your body feel?
Is it calm, is it fast, is it wiggly or still?

Now spin to the right, keep your balance tight,
Eyes stay open, feel just right.
Twirl around and smile with pride,
Then stop and freeze—hands at your side!

Stop, hold—freeze in place—
Take a breath—be quiet and still.
How does your body feel?
Is it calm, is it fast, is it wiggly or still?

Bend down low and peek through your knees,
See the room upside-down with ease!
Wiggle your fingers, sway a bit,
Then freeze and don't even sit!

Stop, hold—freeze in place—
Take a breath—be quiet and still.
How does your body feel?
Is it calm, is it fast, is it wiggly or still?

March in place, lift those knees up high,
Lift your head up, look to the sky.
Now look down at your toes below,
March it out—nice and slow.

Stop, hold—freeze in place—
Take a breath—be quiet and still.
How does your body feel?
Is it calm, is it fast, is it wiggly or still?

Movement helps your body grow,
It wakes you up or helps you slow.
So pause and notice what is real—
It's smart to know how you feel!

Access the video here
<https://youtu.be/rOiojQfKchc>

