

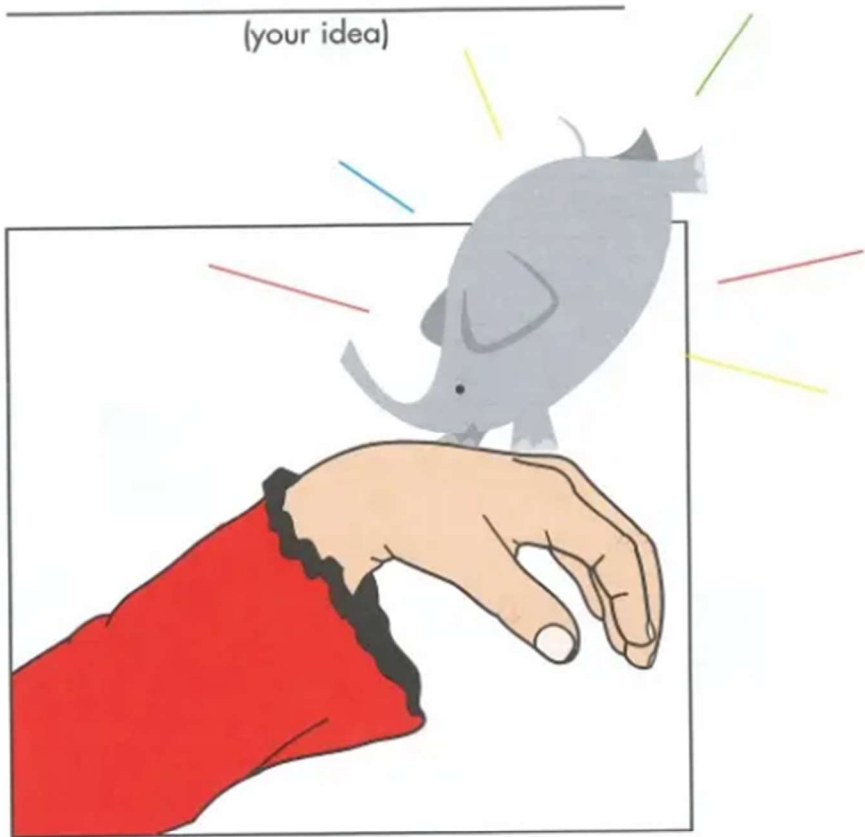
What is the heaviest thing you can imagine?

an elephant?

a tuba?

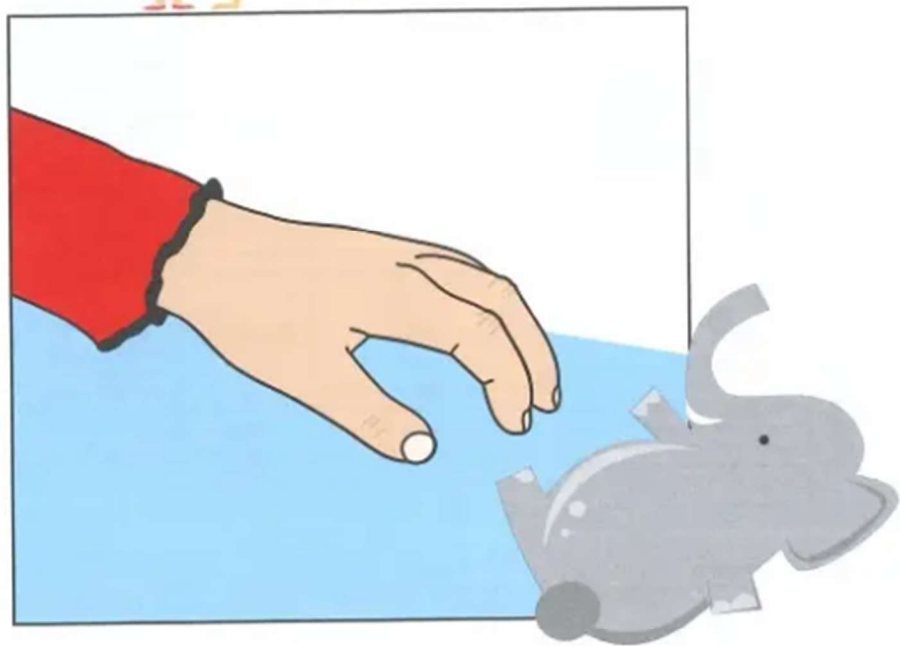
a big truck?

_____ (your idea)



1. Hold your LEFT ARM straight in front of you. Pretend you are holding an elephant!
2. When you can't hold the elephant any longer, let your arm **drop freely into your lap**.

Falling Elephant



3. Did you feel the **weight of your arm** come falling down?
4. Repeat *Falling Elephant* with your RIGHT ARM.