

# Muscles Activity

1. What muscles would you use to eat or drink?
2. What muscles would you use to blow someone a kiss?
3. What muscles would you use to sit in a chair?
4. What muscles would you use to lay down on a couch?
5. What muscles would you use to kick a soccer ball?
6. What muscles would you use to throw a football?
7. What muscles would you use to smile?
8. What muscles would you use to frown?
9. What muscles would you use to close your eyes?
10. What muscles would you use to shrug your shoulders?
11. What muscles would you use to shake your head "no"?

---

12. What muscles would I use if I tipped-toed down the hallway?

---

13. What muscles would I use in breathing?

14. Which muscles from your chart are used during a massage?