Stephen's checklist

Five drills from the film. Write down the count. Stop if a drill hurts.

1. **The counter.** Stand on one foot beside a sturdy counter. Count to 10. Switch feet.
2. **The towel.** Shoes off. Stand on a folded towel near the counter. Count to 30.
3. **The toes.** Pick up cotton balls with your toes and drop them in a bowl.
4. **The catch.** Sit down. Toss a ball from one hand to the other.
5. **The line.** Put a tape line on the floor. Walk it and count the steps out loud.

The full film is the $12.99 bundle at https://neverleavetheplayground.com/videos.

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