Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Class Period:\_\_\_\_\_\_\_\_\_\_Date of Absence\_\_\_\_\_\_\_

**Level 1 Absent Make-Up: Shake and Vibrate**

*Shake* is big back and forth motions

*Vibrate* is small quick jerky movements

Watch the following two videos for examples of *Shake* and *Vibrate*

1. <https://www.youtube.com/watch?v=DCPRP6PcinQ>
2. <https://www.youtube.com/watch?v=mFQDItv6-zE>

Draw a picture of something that represents *Shake* after reading the definition above and watching the video example. (Ex: a dog shaking off water)

Draw a picture of something that represents *Vibrate* after reading the definition above and watching the video example. (Ex: a dog with a vibrating ball)

Take 30 seconds and *Shake* your body in as many different ways as possible! Remember big back and forth motions. Now take 30 seconds and vibrate your body in as many different ways as possible. Remember small quick jerky movements. Write at least 5 sentences about your experience.

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