HANDS DOWN/FEET UP

| u've had using this hand. Pick one of these experiences and write about it. Start with: I felt | | |
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| | TAKE THE NEXT STEP | |
| | Your body holds many stories. Jot | |
| | Your body holds many stories. Jot down two stories that your knees might tell. How about your chin? | |
| | Your body holds many stories. Jot down two stories that your knees | |

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