

## **Gentle Strength Prop List for October 14, 16, 21 & 23**

Any or all of the following items:

- Any size sponge
- Any size or shape plastic container
- Balled up pieces of paper
- The cardboard core from toilet paper or paper towel rolls
- Empty tissue boxes
- Yoga blocks and straps
- Small pillows
- Any other item you can think of that fulfills the requirements below, but does not have the ability to cause injury or discomfort. Brightly colored items are a great idea so that they're easier to see with peripheral vision.

Requirements for props

1. you can comfortably step over them or kick them out of the way without creating discomfort in your feet. There should be nothing that would hurt the bottoms of your feet if you were to step on them as in Legos.
2. Choose items that would not cause you to fall if you were to accidentally step on them.
3. **Balls and other rolling items that may cause you to lose your balance are not recommended.**