**A picture containing shape

Description automatically generated*Part 5: Health***

**The Body and Embodiment**

**Part 1: Tell me how to do it!**Your body knows! We’ve all had the experience of doing something “on autopilot.” Driving home without really thinking about it is one example. Our bodies carry a significant amount of knowledge that doesn’t need to involve our minds. Choose an activity you do with regularity and write a “body user manual” of exactly how this activity should be done. For instance, maybe you regularly put your hair into a bun, or tie your shoes, or turn on the TV. Assume the reader of the manual has never done these things but has a body just like yours. Write a better user manual than the best that IKEA has to offer.

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**Part 2: Reflect on it!** What insights about embodiment have you discovered while writing this manual?

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