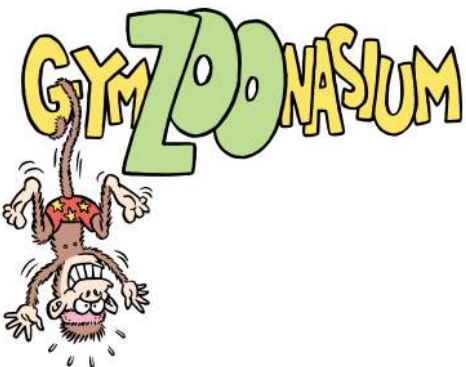




180 DEGREES

2m 52s

2:52
QUICK RESET

This session is part of our quick reset series designed to quickly change the energy of your classroom.
Join us in doing a quick 3 movements to get your students back ready to learn.

This session is categorised as: Quick Brain Break, Crossing the Midline, Bilateral Coordination, Balance, Small Space, Intermediate

Movement	Seated modifications	Other modifications	Progressions	Watch points
Ant Nest Dance	Do the Ant Nest Dance in your chair		Add in an extra foot tap behind you! (Before putting your foot back on the floor move your foot and opposite hand behind your body to tap each other there also).	* Body staying tall and strong throughout! * Hand tapping the opposite foot
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg
Sticky Starfish	Do Sticky Starfish in your chair	Do Sticky Starfish slowly	Try Sticky Starfish with your eyes closed	* Only one pair of fingers coming apart at a time