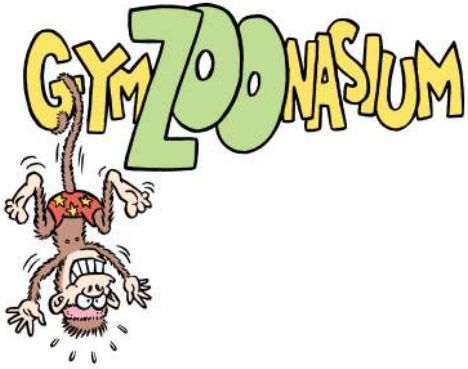




A DAY AT TEA TREE BAY



5m 13s

Koala sits high in a tree overlooking Tea Tree Bay in Noosa National Park, Queensland, Australia. When koala isn't sleeping, she watches the animals that live at Tea Tree Bay. Let's move like these animals, to strengthen the muscles we use for writing and fine motor activities.

This session is categorised as: Pre-writing, Postural Strength & Control, Floor Session

Movement	Seated modifications	Other modifications	Progressions	Watch points
Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wiggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crab Crawl	Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom	Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.	In the Crab Crawl position: - Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs. Or - Step your hands and feet to slowly Crab Crawl around in a circle or side to side (without dropping your bottom).	* Correct start position (arms by the side, not over the shoulders) * Right angles at the shoulders and knees * Bottom pushed up, so your body is flat like a table
Fish Freeze	Lean your body slowly over to one side, keeping your back long and tummy strong. To make it more challenging, stretch your arms above your head.	Do the Fish Freeze with your knees bent and your bottom knee on the floor.	While doing the Fish Freeze, lift your top leg and hold it up (to make your fish tail bigger)	* Lower elbow under your shoulder * Abdominal muscles squeezed * Body straight all the way from shoulders to hips to feet * Top shoulder above the lower one, rather than leaning forwards * Normal breathing (not holding your breath)



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Snake Swallow	Do Snake Swallow in your chair	Start by opening your 'snake mouth' a little. Open it wider as your hands grow stronger.	Try Snake Swallow with a scrunchie or thick rubber band around your thumb and fingers	* Opening the hand wide like a snake swallowing a large meal * Fingers all straight and kept together * Thumb and fingers moving apart and back together in sync