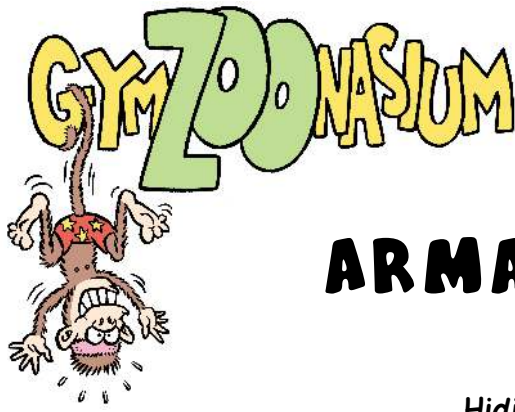




ARMADILLO CURL

*Hiding in thorny bushes,
protected by its shell,
Armadillo pokes out its tongue,
"You'll never catch me! Farewell!"*

PURPOSE

- Stretches lower back and legs
- Helps you feel more awake and energetic



INSTRUCTIONS

1. Sit on the floor with your legs stretched out in front of you
2. Lift your arms, bend your elbows and place your hands on your shoulder blades
3. Curl forwards, and reach your elbows as far along your legs as you can
4. Hold for at least 10 deep breaths
5. Sit up with your body, then lower your arms



WATCH FOR

- Legs straight
- Shoulders pulled down and back
- Deep breaths (not holding your breath)



MODIFICATIONS

- Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.
- Seated: Lift your feet onto a footrest or sturdy chair in front of you. Straighten your legs. Put your hands on your shoulders and curl your body forwards.



MORE CHALLENGING

- While doing the Armadillo Curl, flex your toes back towards you



MAKE IT MULTI-SENSORY

- Armadillo tongues are long and sticky - perfect for pulling ants and termites out from their underground tunnels. Poke out your tongue, pretending to slurp up ants like an armadillo!



PROGRESS TRACKER

Do the Armadillo Curl with your hands reaching out in front of you. Ask a parent or friend to measure how close you can get your finger tips to your toes (or how far past your toes you can reach). Keep your knees straight and toes pointing straight up while measuring.

Date	My personal best	My goal for next time



FUN FACTS

- Armadillos have strong legs and large front claws for digging burrows and breaking termite mounds apart.
- Armadillo is a Spanish word meaning “little armoured one”. They are the only living mammal that wears a protective shell. Their shell enables them to hide under thorny shrubs where predators can't get them.

