



BAT HANG

PURPOSE

- Stretches your legs and lower back
- Helps you feel more energised, awake and ready to learn



INSTRUCTIONS

1. Start standing
2. Put your hands on the opposite elbow (to make bat wings)
3. Bend forward at your waist, to hang upside down like a bat
4. Straighten your knees, and hang here for 10 slow breaths



WATCH FOR

- Legs straight
- Slow breathing - not holding breath



MODIFICATIONS

- Seated: Move your feet forward to straighten your legs. Stretch your body up (towards the sky) and then bend over to touch your toes. Hold for 10 deep breaths



MORE CHALLENGING

- In the Bat Hang, hold your ankles and gently pull your body closer to your legs.
- Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this. Hold for 5-10 deep breaths, then switch legs.





MAKE IT MULTI-SENSORY

- Hang patiently like a bat hiding in its cave, for 10 deep breaths. Then imagine the sun has set and it's time to emerge from your cave. Slowly stretch your wings and fly yourself back up to an upright position.



FUN FACTS

- Bats are the world's only flying mammal.
- A bat can eat 2000 to 6000 insects per night. That's a whopping appetite!
- Bats can fly safely in complete darkness by using 'echolocation' (using sound waves and echoes to determine how far away objects are). Dolphins, whales and a few birds use echolocation too. Even some people have developed this amazing skill!



FUN AND GAMES

Draw a picture of your family hanging upside down.
Maybe you could all be hanging upside down in a cave,
hanging from the monkey bars or even doing handstands!

