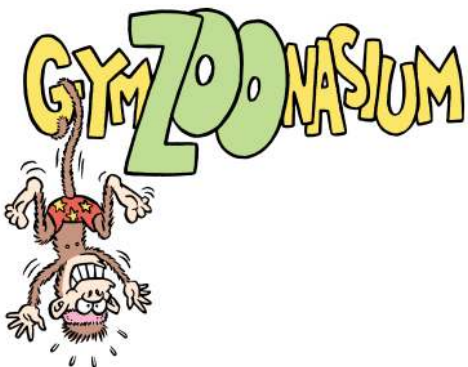
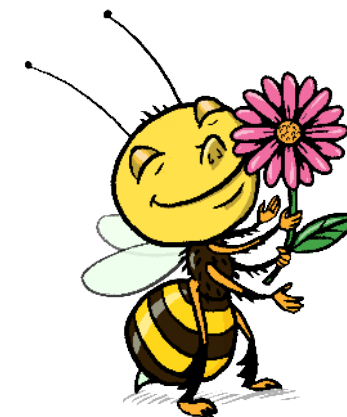




BLISSFUL BUGS

4m 07s

Insects move their bodies in many different ways.
Let's try some insect moves... on our bellies, on our backs, up and down.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Squished Cockroach	Put your left hand on the outside of your right knee. Push on your knee to help you twist your upper body as far as you can to the right.		In the Squished Cockroach position, straighten the leg that is crossed over. Hold onto that foot or toe if you can.	* Your straight arm and shoulder touching the floor
Praying Mantis Plank	Put the palms of your hands together. Push them together strongly for as long as you can.	Do the Praying Mantis Plank... - On your knees (instead of toes) - With a ball under your tummy	Try lifting one foot slightly off the floor. Change legs each each 10 seconds.	* Body in a straight line (don't let your bottom drop down or lift up in the air) * Tummy muscles switched on * Shoulders down and neck relaxed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Caterpillar Crawl	Stretch your body up towards the sky. Walk your hands in the air down to touch your toes, then back up.		Do the Caterpillar Crawl slower and with more control, or moving forwards around the room	* Straight back and legs * Hips level (not rocking side to side) * Abdominal muscles squeezed
Bee Buzz	Do Bee Buzz in your chair		* Make your “buzz” or “hmmm” sound last even longer, by letting the air out more slowly * After your breathe in, try holding your breath for 3 seconds before breathing out	* Sitting tall * Breathing in through your nose * Slow, controlled breath out