



BRACHIOSAURUS REACH

*With my great long neck
I can see for a mile.
I munch on tall trees,
fill my belly and smile!*

PURPOSE

- Stretches our hip flexors, which get tight when we spend too much time sitting
- Improves posture
- Improves balance



INSTRUCTIONS

* *Make sure there's enough space behind you*

1. Stand up tall and take a big step back with one foot
2. Bend your front knee over your ankle and lower your bottom
3. Slide your feet further apart if needed, until you feel your legs stretching
4. Tuck your bottom under (like you're trying to put your tail between your legs)
5. Stretch your arms up above your head and look up at your hands
6. Hold for 5-10 deep breaths, then switch sides



WATCH FOR

- Feet hip-width apart, rather than straight in front of each other
- Front knee over your ankle
- Back leg long and straight



MODIFICATIONS

- Seated: Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).



MORE CHALLENGING

While doing the Brachiosaurus Reach...

- Lift your front heel off the floor, to challenge your balance.
- Gently lean your arms and upper body over to the side of your front leg.



MAKE IT MULTI-SENSORY

- Imagine what you'd be able to see if you were as tall as a brachiosaurus.
- Let's have some fun... Roar like a dinosaur!



FUN FACTS

- Brachiosaurus were taller than a 2-storey house, as long as 2 railroad cars and as heavy as 4 elephants!
- They lived in North America and Africa about 155 million years ago



FUN AND GAMES

Draw you and your friends sliding down the back of this brachiosaurus!

