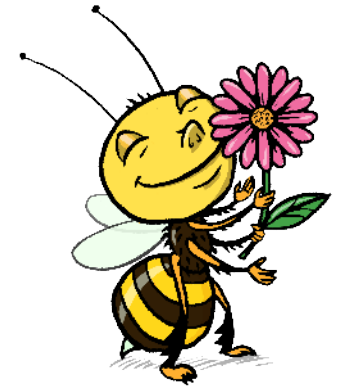




BUMBLEBEE BE CALM

4m 15s

It's important for us busy bumblebees to have calm time too.
Let's use our body and breath to enjoy some calm time now.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bee Buzz	Do Bee Buzz in your chair		* Make your "buzzz" 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
Panda Sit	Use your hands to push your knees apart. Lean forward with your back straight.	Do the Panda Sit with one leg bent and that knee pointed out to the side. Lean forwards with a straight back to feel a stretch on the inside of the straight leg.	Do the Panda Sit with: - Your feet wider apart - Your chest lowered closer to the floor	* Legs straight * Bending forward from your pelvis, so your back stays straight and chest stays proud



Movement	Seated modifications	Other modifications	Progressions	Watch points
Puppy Play	Climb an imaginary ladder with your arms. Reach one arm at a time up high and squeeze your tummy muscles to pull the arm down strongly. Pedal one leg and the opposite arm (like you're climbing an imaginary ladder with arms & legs).	Standing: Pedal one leg and the opposite arm (like you're climbing an imaginary ladder). Switch the leg and arm you're using with each pedal.	Pedal your legs closer to the floor, squeezing your tummy muscles so your lower back doesn't arch off the floor.	* Tummy muscles gently squeezed * Back flat on the floor. If your lower back arches, pedal your legs up higher in the air and make sure your tummy muscles are switched on.
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