



BUNNY HOP

*With long fluffy ears
And a cute twitchy nose,
Bunny hippity-hops
Wherever she goes.*

PURPOSE

- Strengthens shoulders, arms and tummy muscles
- Helps you feel calm, alert and ready to learn



INSTRUCTIONS

1. Crouch down with your bunny paws on the floor in front of you
2. Lean forward, push into the floor and squeeze your tummy, to hop your feet a little off the floor



WATCH FOR

- Controlled movement
- Feet lifting off the floor only 5-10cm max
- Shoulders pulled down, away from ears
- Arms strong and straight (not collapsing)



MORE CHALLENGING

- Bunny Hop a little higher (making sure to keep your arms strong to hold you up).
- If you have enough space, 'Bunny Hop' forwards along the floor. With each Bunny Hop, hop your feet forwards towards your hands and then hop your hands forwards.



MODIFICATIONS

- Seated: Put your hands on the sides of your chair. Push down with your hands to lift your bottom off the chair.



MAKE IT MULTI-SENSORY

- Imagine you are a bunny hopping through your burrow. Keep down low so you don't bump your head or bottom on the top of the burrow!

FUN AND GAMES

Create your very own 'super strength' session! Circle which strength exercises you would like to include, and number them in the order of your choice.

Challenge your family to do the session with you to strengthen their muscles and bones too!

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