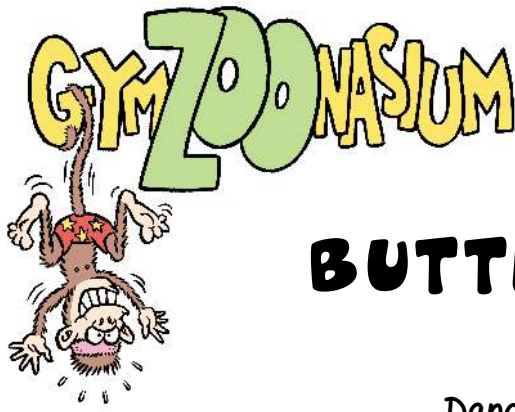




BUTTERFLY BLISS

*Dancing around your garden
fluttering free as can be,
I stretch my delicate wings,
feeling thankful that I'm me.*

PURPOSE

- Stretches inner thighs
- Improves posture
- Helps you to be able to sit cross legged with good posture



INSTRUCTIONS

1. Sit up tall on the floor, with your feet together and knees out to each side
2. Hold your feet and lower your knees towards the floor
3. Hold for 10 deep breaths



WATCH FOR

- Back straight
- Shoulders down and relaxed



MODIFICATIONS

- Seated: Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down. Hold for 5 deep breaths, then switch legs.



MORE CHALLENGING

- While doing Butterfly Bliss, lean forwards, keeping your back straight





MAKE IT MULTI-SENSORY

- Flutter your knees gently up and down like delicate butterfly wings. Try to get your knees closer to the floor with each flutter.
- Imagine fluttering freely like a blissful butterfly. Which would be your favourite place to visit?



FUN FACTS

- Butterflies have four wings and four stages of life (egg, caterpillar, chrysalis and adult butterfly)
- Butterflies can see a range of ultraviolet colours that are invisible to us
- Butterflies taste with their feet! Even more gross - they get essential nutrients by sometimes drinking from mud puddles!



FUN AND GAMES

When you get home, fill an old shallow pan with dirt and water, to make watery mud (like soup). Leave it near some flowers and add extra water each day to keep the mud very wet. Keep on the lookout for butterflies landing on the mud for a drink.

Draw a garden of beautiful flowers (and maybe some mud) for this butterfly to land on.

