

Butterfly Dream

4m 55s

This session is categorised as: Quick Brain Break, Learning (science), Calming, Flexibility, Small Space, & includes a Breathing Exercise.



"Follow along with a caterpillar's journey to become a beautiful butterfly. This fact-filled session is great for all students in prep to year 6."

Movement	Seated modifications	Other modifications	Progressions	Watch points
Caterpillar Kisses	Do Caterpillar Kisses in your chair	* Do Caterpillar Kisses slowly * Do Caterpillar Kisses with one hand at a time	Do Caterpillar Kisses with both hands at the same time, but in the opposite direction (e.g. at the same time as your right thumb is 'kissed' by your right pointer, tall man, ring finger then pinkie; your left thumb is kissed by your left pinkie, ring finger, tall man and then pointer).	* Only one type of finger moving (for example, just the pointer fingers). The other fingers staying still. * Touch the very tip of the thumb and finger



Movement	Seated modifications	Other modifications	Progressions	Watch points
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing Butterfly Bliss lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed
Pterodactyl Take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... - Lift the heel of your bent leg off the floor, or - Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	* The foot on your bent knee facing to the side and the foot on your straight leg facing forward. * The knee of your bent leg above your ankle * Shoulders down and back * Chest upright * Arms straight out to the sides
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Butterfly Breathing	Do Butterfly Breathing in your chair, using your arms as your butterfly wings.			* Breathing in time with your 'wings' * Breathing in through your nose and out through your mouth * Back straight, and shoulders down and relaxed