



CAT STRETCH

*Cat's ready to stretch,
ready to chase
ready to pounce,
all over the place.*

PURPOSE

- Improves spinal mobility



INSTRUCTIONS

1. Kneel on all fours
2. Arch your back up to the ceiling (angry cat)
3. Then arch your tummy and chest down towards the floor and your bottom up in the air (happy cat)
4. Repeat 5 times slowly



WATCH FOR

- Hands under your shoulders and knees under your hips
- Neck relaxed



MODIFICATIONS

- Seated: Sit with your hands on your lap. Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).



MAKE IT MULTI-SENSORY

- Can you hiss like an angry cat? Can you purr like a happy cat?





FUN FACTS

- Cats spend two thirds of their life sleeping
- Cats have very flexible backs, because they have more vertebrae (bones) in their spine than we do
- Cats have super sensitive whiskers, that help them detect food, movement and temperature changes, and enable them to find their way in the dark.



FUN AND GAMES

How many cats can you see in this picture?

