



CATERPILLAR CRAWL

*With a cute little walk
caterpillar crawls by,
excited to transform
into a butterfly.*

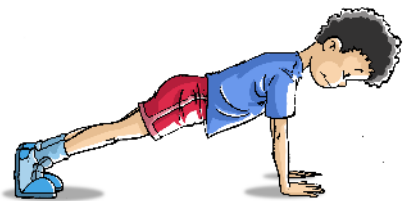
PURPOSE

- Strengthens tummy muscles, legs and arms
- Stretches lower back and back of legs
- Improves posture
- A physically demanding exercise that 'uses up' excess energy
- Helps you feel more energised, awake and ready to learn



INSTRUCTIONS

1. Start in a push-up position, on your hands and toes
2. Keeping your legs straight, walk your feet forwards towards your hands, then back again to the push-up position
3. Walk your hands back towards your feet, then forwards to the push-up position
4. Repeat 10-20 times



WATCH FOR

- Straight back and legs
- Hips level (not rocking side to side)
- Abdominal muscles squeezed



MODIFICATIONS

- Seated or standing: Stretch your body out (towards the sky). Walk your hands in the air down to touch your toes. Then walk your hands back up towards the sky.

- If it's difficult to keep your legs straight, practice these hamstring stretches for 30-60 seconds a few times each day:
 - Bat Hang
 - Downward Dog

MORE CHALLENGING

Do the Caterpillar Crawl even slower and with more control



MAKE IT MULTI-SENSORY

- Imagine what it must feel like as a tiny caterpillar crawling across uneven blades of grass. See if you can create an uneven (yet safe) surface to crawl along (e.g. an obstacle course of cushions, blankets or pillows on the floor).
- After doing the caterpillar crawl for 45 seconds, walk your feet all the way to your hands. Lift your hands from the floor and hug your legs like you're wrapped in a cocoon. Keep your knees as straight as you can, holding this position for 30-60 seconds. Then, when you're ready, slowly emerge from your cocoon and stand back up, fluttering and stretching your arms like a beautiful butterfly.

FUN AND GAMES

Can you find these words?

- egg
- leaves
- herbivore
- insect
- cocoon
- butterfly



J	Y	E	L	S	I	Z	J	E	H
I	U	G	K	X	G	W	M	I	E
C	F	G	R	N	W	G	S	K	R
R	P	U	C	O	C	O	O	N	B
G	O	B	U	V	E	N	W	N	I
B	U	T	T	E	R	F	L	Y	V
W	H	Y	O	T	G	Y	Y	R	O
E	L	E	A	V	E	S	W	N	R
S	O	K	R	Y	R	H	K	D	E
F	R	Q	B	I	N	S	E	C	T