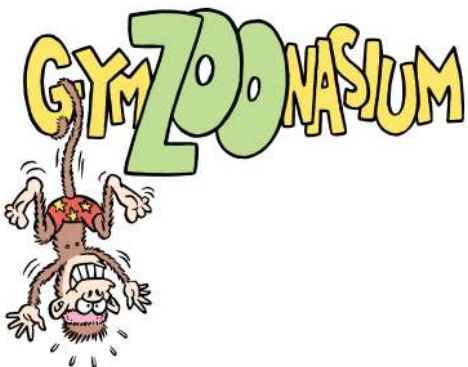
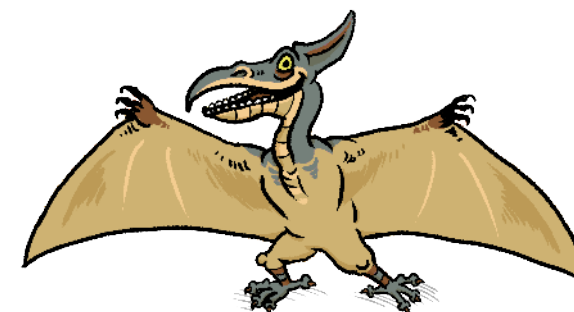




CLASSROOM CHAOS

4m 54s



Imagine if your classroom was filled with animals... That would be chaos!
How would we help the animals feel calm? I know, let's get them moving :)

Movement	Seated modifications	Other modifications	Progressions	Watch points
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight

Movement	Seated modifications	Other modifications	Progressions	Watch points
Penguin Waddle	Lift the toes of one foot or both feet together. Hold for as long as you can. Squeeze a cushion or ball between your knees.	Lift the toes of one foot at a time. Hold for as long as you can, then switch feet.	* Try closing your eyes while doing the Penguin Waddle. * Place a ball or cushion between your knees and squeeze your knees together to hold it. Walk slowly around the room on your heels (without dropping the ball).	* Standing tall and straight * Squeezing tummy muscles and buttocks to help you balance * Eyes focused on something still to help you balance
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing the Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed
Wolf Tilt	Do the Wolf Tilt sitting on your chair			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching