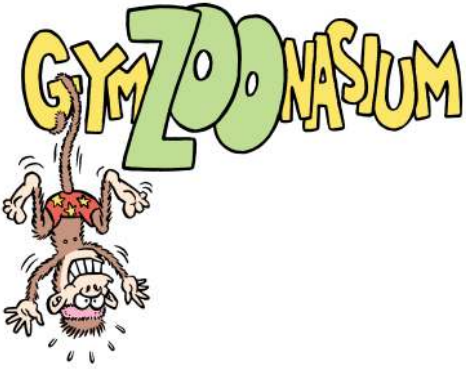




CLASSROOM ZOOM

3m 55s

Does your classroom feel a bit like a zoo today...? Filled with energy, ready to play?
Let's move from high energy to calm with Classroom Zoom.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Monkey Twist	Move like the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body * Tummy muscles squeezed
Chimpanzee Swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing	* Shoulders down and back * Chest upright * Tummy muscles squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Eagle Twist	Just do the upper body part of the Eagle Twist	Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply
Pigeon Pose	Same as the standard Pigeon Pose		Try Pigeon Pose on the floor... 1. Step your right foot back and lunge down to kneel on your right knee 2. Slide your left foot to the right, and place your hands on the floor in front of you 3. Slide your right leg back as far as you can 4. Lower your left knee and hips towards the floor	* The front leg ideally parallel with the pelvis (hip bones) * Pelvis (hip bones) facing straight forwards * Back leg in a straight line behind you
Wolf Tilt (seated)				* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching