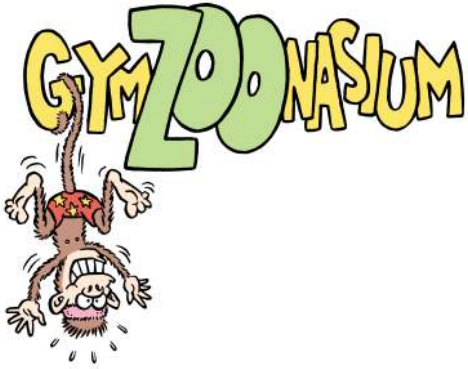




CRiSS CROSS

5m 0s



We know we can warm up our bodies with action. But, did you know you can warm up your brain too?
Let's use our bodies to warm up our brain now!

This session is categorised as: Quick Brain Break, Small Space, Bilateral Coordination, Crossing the Midline, Pre-writing, Upper Limb, Balance, Pelvic Stability, Standing Session

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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Turtle Swim	Do the turtle arms up in the air. Reach your arms up high. As you swim your arms down, squeeze your shoulder blades together to help keep your hands back as far as possible.	Keep both feet on the floor and just do Turtle Swim arms. Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply.	Try the Turtle Swim with your eyes closed (to challenge your balance).	* Back straight * Squeezing shoulder blades down and back * Keeping arms lifted as high as possible * Slow, controlled arm movement * Good balance (body and legs staying still)
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward
Spider Spin	Do Spider Spin seated	Stick your thumbs together and your pinkies together. Rotate both hands towards you, until your fingers are pointing up. Rotate your hands away from you until your fingers are pointing down. Keep repeating.	* Try Spider Spin with your eyes closed * Try doing Spider Spin behind your back	* At least one thumb and pinkie touching at any given time * Hands rotating in opposite directions
Sticky Starfish	Do Sticky Starfish in your chair	Do Sticky Starfish slowly	Try Sticky Starfish with your eyes closed	* Only one pair of fingers coming apart at a time
Monkey Hug	Do Monkey Hug in your chair	Try Monkey Hug with one arm at a time	Try Monkey Hug while balancing on one foot	* Shoulders down and relaxed * Crossing arms across the body * Giving each arm a turn to be on top