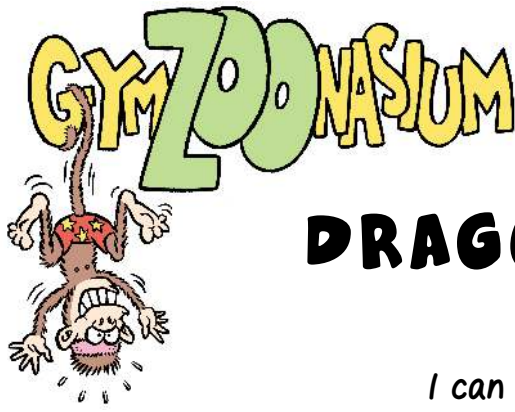




DRAGONFLY ZOOM

*I can even hover backwards
and hover still in the sky.
Count to ten and chase me...
Off like a rocket I'll fly!*

PURPOSE

- Strengthens legs and back
- Improves posture
- Helps us feel more energised, awake and ready for learning



INSTRUCTIONS

1. Balance on one leg
2. Bend forward, until your upper body and leg are parallel to the floor
3. Stretch your arms out wide and lift them as high as you can
4. Hold for 5-10 deep breaths and then repeat on the other leg



WATCH FOR

- Hips and shoulders parallel to the floor
- Arms and legs straight
- Reaching your head and lifted foot as far apart as you can



MODIFICATIONS

- Standing: Do the Dragonfly Zoom with your hands on the desk in front of you, or pressing against a wall in front of you.
- Seated: Lean forward with a straight back. Stretch your arms out wide like wings. Squeeze your shoulder blades down and back to hold your wings high for 5-10 deep breaths.



MORE CHALLENGING

While doing the Dragonfly Zoom:

- Lift your leg and arms slightly higher, or
- Put your arms out in front of you, instead of out to the sides



MAKE IT MULTI-SENSORY

- Pretend you are a bird, an aeroplane, a helicopter, or a rocket blasting off into space. With the Dragonfly Zoom you can imagine being absolutely anything that can fly!



FUN FACTS

- Dragonflies can hover in one place like a helicopter, and even fly backwards.
- Dragonflies are one of the fastest flying insects in the world. They can fly up to 50 kilometres per hour!



FUN AND GAMES

If you were to invent a super dooper flying machine, what might it look like? Plan or draw it here.

