



EAGLE TWIST

*Eagle perches in its nest
balancing up so high,
scanning the ground below
like a top secret spy.*

PURPOSE

- Improves balance, coordination and focus
- Stretches shoulders



INSTRUCTIONS

1. Stand with your arms crossed in front of you to make an X
2. Bend your elbows
3. Twist one arm around the other and touch your palms together
4. Reach your elbows forwards and upwards
5. Cross one leg over the other and bend your knees. Touch your toes on the floor as needed to help you balance.
6. Hold for 5 slow breaths, then swap sides



WATCH FOR

- Back straight and chest upright
- Shoulders down and neck relaxed
- Eyes focussed on something still
- Breathing deeply



MODIFICATIONS

- Do the Eagle Twist standing on two feet (instead of lifting or crossing your feet).
- Seated: Do the upper body part of the Eagle Twist only.
- Seated: Raise your left arm in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 breaths, then switch sides.



MORE CHALLENGING

Try the Eagle Twist with your...

- Eyes closed
- Foot lifted higher off the floor and twisted around the opposite leg



MAKE IT MULTI-SENSORY



- Imagine you're an eagle perched up high in your nest. Feel the wind blowing on your feathers. What might you see around you? What might you hear?

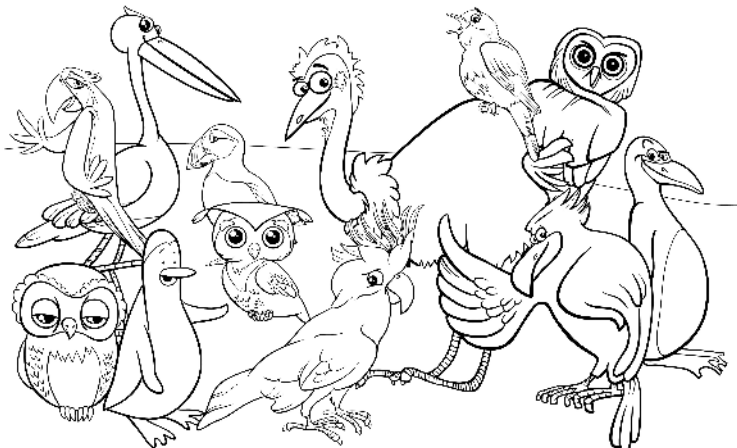
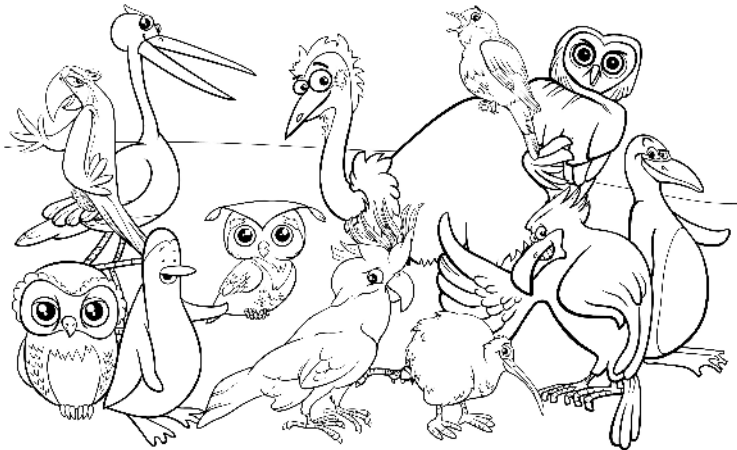


FUN FACTS

- Eagles' eyesight is up to 8 times sharper than humans
- Eagles' grip strength is up to 10 times stronger than humans!



FUN AND GAMES



**FIND
7
DIFFERENCES**

