



ECHIDNA CURL

*When Echidna feels scared
she curls into a ball,
showing off her long spines
to scare off one and all!*

PURPOSE

- Strengthens abdominals (tummy muscles)
- Helps us feel calm and alert



INSTRUCTIONS

1. Lie on your back with your knees bent, elbows wide and head resting on your hands
2. Squeeze your tummy muscles to lift one shoulder and your opposite knee towards each other (like an echidna curling into a ball)
3. Lower back to the floor and repeat on the other side



WATCH FOR

- Using tummy muscles to curl up, NOT pulling your head up with your hands
- Elbows wide apart
- Neck relaxed and eyes looking up at the roof
- Shoulder blade lifting off the floor when you curl up
- Lifting your knees way up towards to your head



MODIFICATIONS

- Lying: Do the Echidna Curl keeping your feet on the floor and only lifting your head/shoulders off the floor
- Seated: Squeeze your tummy muscles. Curl one shoulder down towards your opposite knee. Sit back up, then curl the other shoulder down.

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A black and white line drawing of a large, smiling, furry creature with a wide grin, surrounded by various cartoon animals including a tiger, a dinosaur, a penguin, a kangaroo, a koala, a platypus, a mole, a rabbit, a mouse, a bird, a snake, and a frog. The scene is set against a background of a large circle representing the sun or moon.

HOW MANY?

DO YOU SEE?

