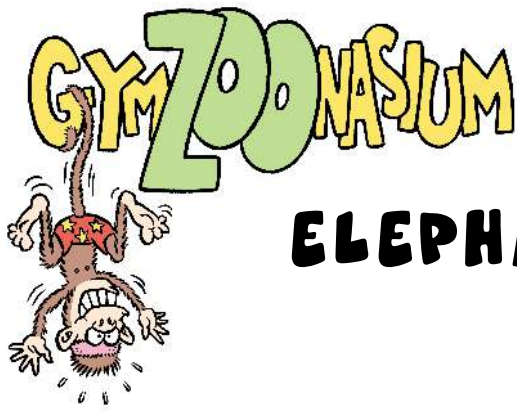




ELEPHANT BALANCE

Doing her best
not to go 'ker-plunk',
Elephant lifts up
her leg and her trunk.

PURPOSE

- Improves posture and balance
- Strengthens back, arms and legs



INSTRUCTIONS

1. Start kneeling on all fours
2. Lift one arm and your opposite leg
3. Hold for 5 seconds and then switch sides



WATCH FOR

- Back and hips staying flat like a table



MODIFICATIONS

- Make the Elephant Balance easier by lifting only one arm OR one leg at a time
- Seated: Point one arm up to the ceiling and the other arm down to the ground. Then switch to point them to other way. If you can, include your legs into this exercise by lifting your opposite leg towards the arm that's pointed up.



MORE CHALLENGING

- Try the Elephant Balance in a full push-up position (balancing on your hands and toes, with your back straight). Lift only one leg OR one arm at a time.





MAKE IT MULTI-SENSORY

- Imagine you are an elephant having a swim. Dip your trunk into the water and then lift your trunk to spray water all over your back.
- Which other animals might be swimming with you?



PROGRESS TRACKER

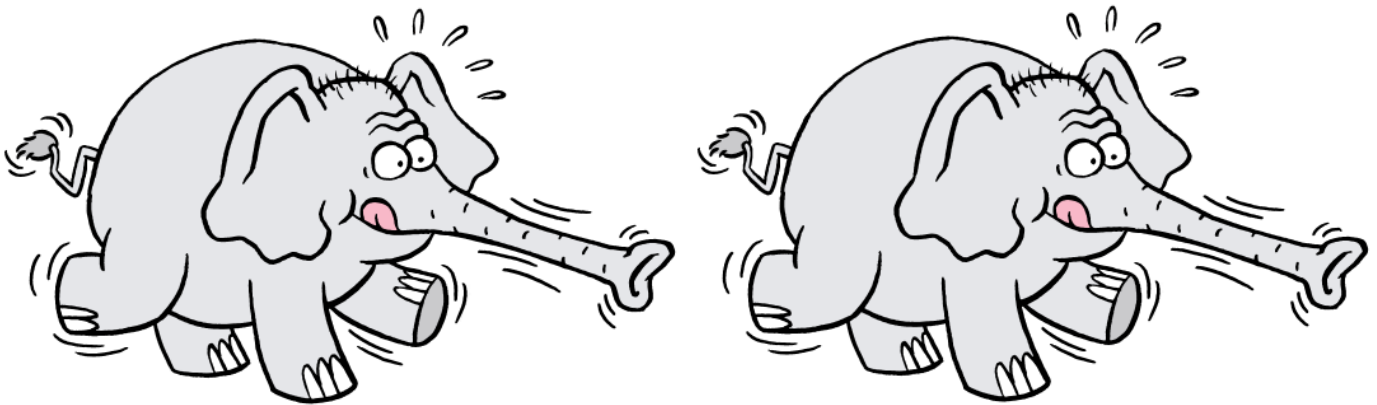
How well can you balance, while keeping your back flat? Time how long you can balance a pencil case on your back while doing the Elephant Balance.

Date	My personal best	My goal for next time



FUN AND GAMES

Colour in these elephants. Colour one with your left hand and one with your right.



FUN FACTS

- Elephants are the strongest land animal. They can carry up to 9000 kilograms, which is as much as around 130 adult humans!
- Elephants have over 1000 muscles in their trunk.
- Elephants have a “built-in snorkel”. They can reach their trunk into the air to breathe while swimming across deep bodies of water.