



ELEPHANT TRUNK SWING

*Climb up onto my back
for a super fun ride,
I'll spray you with water
then down my trunk you'll slide!*

PURPOSE

- Increases upper back mobility
- Stretches your chest and shoulders
- Strengthens your arms and shoulders
- Improves posture

INSTRUCTIONS

1. Kneel on all fours
2. Lift your left arm (your elephant trunk). Reach it out to your left side and as high into the air as you can.
3. Then reach it back under your body and across to the right as far as you can
4. Watch your hand (trunk) as it is moving
5. Repeat 3-5 times, then switch arms

WATCH FOR

- Pelvis/hips still, and upper body twisting

MODIFICATIONS

- Seated: Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.



MORE CHALLENGING

- Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.



MAKE IT MULTI-SENSORY

- Each time you reach up or across, breathe out deeply like an elephant



FUN FACTS

- Elephants' trunks are strong enough to rip branches off a tree, yet sensitive enough to pick up a single blade of grass!
- They can suck up to 14 litres of water into their trunk and then blow it out into their mouth to drink! That's more water than most of us drink in a whole week!
- They use their trunk to spray their body with water, and then spray dirt and mud onto their body to act as a natural sunscreen



FUN AND GAMES

Draw water spraying out of this elephant's trunk and landing somewhere funny...

