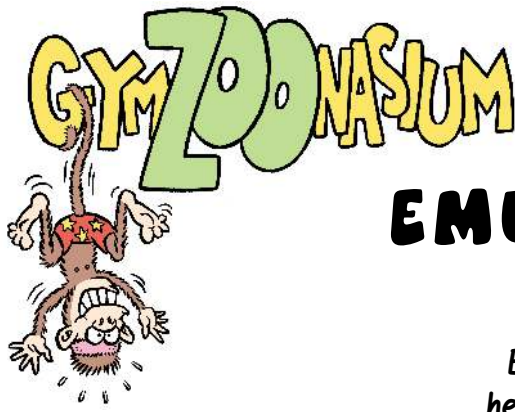




EMU EXPLORE

*Exploring all around
her nest of green eggs,
Emu bends and stretches
her long, strong, fast legs.*

PURPOSE

- Stretches your lower legs



INSTRUCTIONS

1. Step one foot forward
2. Bend both your knees to lower your body and feel a gentle stretch in your back ankle. Hold for 3 to 5 slow breaths.
3. Straighten your front leg and pull your toes back towards you to feel a stretch in the lower part of your front leg. Hold for 3 to 5 slow breaths.
4. Stand back up, step the other foot forward, and repeat steps 2 and 3



WATCH FOR

- Back straight
- Back knee bent



MODIFICATIONS

Seated - Wriggle forward in your chair. Lean forward with a straight back. Move one foot forward and do the Emu Explore in your chair.



MORE CHALLENGING

Standing beside a wall or step:



1. Place your front foot upright against the wall or step
2. Straighten your front leg
3. Lean forwards to feel a stretch in your lower leg
4. Bend your front knee to feel the stretch lower down near your ankle



MAKE IT MULTI-SENSORY

As you stretch your long emu legs, explore the room around you your long emu neck and beady emu eyes. Emus lay large green eggs. How many green things can you see around you?



with



FUN FACTS

- Emus can only be found in Australia
- Emus are the second largest bird in the world (only ostriches are bigger)
- Emus are the only birds that have calf muscles (the muscles that the 'Emu Explore' stretches). Emus' strong calf muscles help them run super quickly.



FUN AND GAMES



HOW
MANY

BIRDS

DO YOU SEE?

