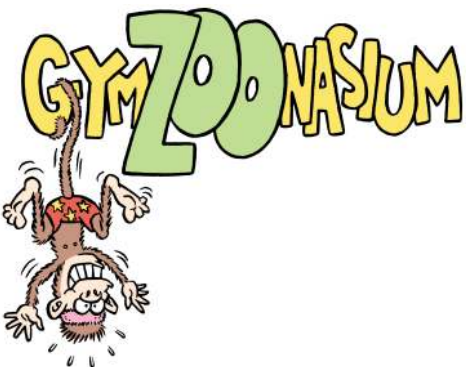
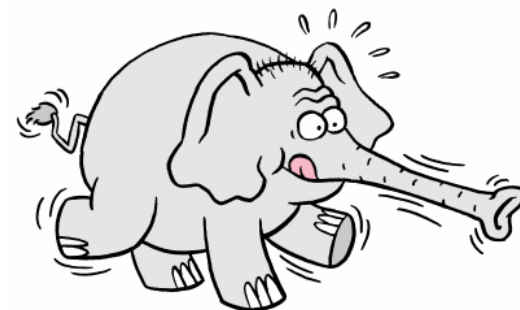




FEEL GOOD TO FOCUS

2m 44s

Use this quick movement session to help prepare children's upper limb muscles for handwriting or fine motor activities.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Elephant Balance	Point one arm up to the ceiling and the other arm down to the ground. Then switch to point them the other way. If you can, lift your opposite leg towards the arm that is pointed up.	Lift only one arm OR one leg at a time.	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 1 arm at a time.	* Back and hips staying flat like a table



Movement	Seated modifications	Other modifications	Progressions	Watch points
Mountain Climber	Sit up tall and put your arms straight out in front of you. Keep your arms straight and strong, as though you're pushing against an invisible wall. March your legs up and down, lifting your knees up as high as you can.	Do Mountain Climber standing... Have your arms straight out in front of you and hands pushing gently against a wall. March your legs up and down, lifting your knees up as high as you can.	Speed it up	* Squeezing tummy muscles * Back straight * Shoulders pulled down and back * Hips staying level, and as still as possible
Cobra Lift	Place your hands behind your head, to keep it supported. Squeeze your tummy muscles and pull your shoulder blades down and back. Lean your head and shoulders back slightly and push your chest up towards the sky.	<u>Standing</u> : Stand facing a wall and place your hands on the wall. Squeeze your elbows into your sides. Press against the wall, pull your shoulder blades down and back, and push your chest out.	Do the Cobra Lift with your hands on the floor instead of your forearms. Only straighten your arms as feels comfortable for your back (don't force the backbend). Lower back down if you feel any pain or discomfort.	* Legs long * Neck relaxed * Shoulders pulled down and back * Elbows close to the body (not pointing outward) * Be gentle. Don't push yourself too high or force this backbend. Focus on pushing your chest forward, and allow the lift to come as a natural extension of your spine.