



FISH FREEZE

*Fish sometimes get in a frenzy
not knowing where's safe to hide.
Can you flatten out like a fish
and freeze for a while on your side?*

PURPOSE

- Strengthens tummy muscles, shoulders and arms
- Provides deep pressure, which helps you feel calm, alert and ready to learn



INSTRUCTIONS

1. Balance on your side, with one elbow and one foot on the floor
2. Lift your hips off the floor and keep your body straight
3. Freeze for as long as you can, then switch sides



WATCH POINTS

- Lower elbow under your shoulder
- Abdominal muscles squeezed
- Body straight all the way from shoulders to hips to feet
- Top shoulder above the lower one, rather than leaning forwards
- Normal breathing (not holding your breath)



MORE CHALLENGING

- While doing the Fish Freeze, lift your top leg and hold it up (to make your fish tail bigger)

MODIFICATIONS

- Do the Fish Freeze with your knees bent and your bottom knee on the floor.
- Standing: Stand side-on to a wall. Place your closest hand at shoulder-height on the wall. Take a large step away from the wall until your arm is straight and your feet are further away from the wall than your shoulders. Do the Fish Freeze in this position (keeping your arms and body straight), leaning against the wall.
- Seated: Push your arm out to your side, against a wall or teacher's hand.
- Seated: Lean your body slowly over to one side, keeping your back long and tummy strong. When you lean to the left you will feel the muscles on the right side of your tummy switch on. Lean for as long as you can and then change sides. To make it more challenging, stretch your arms above your head.



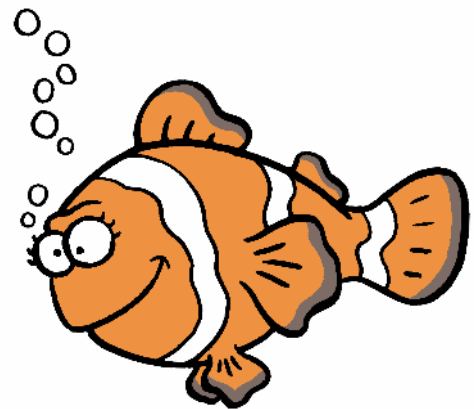
MAKE IT MULTI-SENSORY

While doing the Fish Freeze, use your top arm to draw other animals swimming past you in the sea.



FINE MOTOR SKILLS

While doing the Fish Freeze, hold a pencil in your top hand. Roll the pencil between your thumb and each of your fingers, one by one.



PROGRESS TRACKER

For how long can you hold the fish freeze on your left arm? Right arm?

Date	My personal best - left arm	My personal best - right arm	My goal for next time