

Froggy Fantastic

5 mins

This session is categorised as: Learning (science), Emotional Regulation, Intermediate, Small Space.



"Froggy Fantastic pairs some fun frog facts with movements that support children with emotional regulation."

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wriggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)
Monkey Beats	Do Monkey Beats in your chair		Change the beat! Tap in time with different types of music.	* Shoulders relaxed throughout * Tapping in time with the beat
Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed