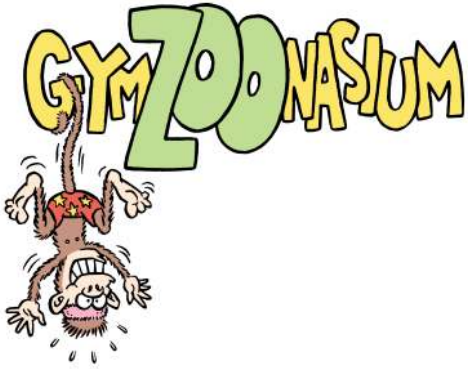




FURRY FRIEND

4m 23s



Learn about koalas on this snuggly journey of strength, fitness, sensory, stretching and fine motor skills!

This session is categorised as: Learning Activity (Science), Quick Brain Break, Small Space, Beginner

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)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Mozzie Clap	Clap your hands just above one knee and then click your fingers up near your shoulders. Then clap above the other knee. (If you can lift your leg, try clapping under your knee instead).	Do Mozzie Clap without clicking your fingers. Just clap your hands under your knee and lift your hands up between claps.	* Instead of just lifting your leg, 'hop' your leg up. * Try doing Mozzie Clap faster. This will challenge your fitness and coordination!	* Torso (body) staying tall and straight throughout
Monkey Hug	Do Monkey Hug in your chair	Try Monkey Hug with one arm at a time	Try Monkey Hug while balancing on one foot	* Shoulders down and relaxed * Crossing arms across the body * Giving each arm a turn to be on top
Wolf Tilt	Do the Wolf Tilt seated			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching
Caterpillar Kisses	Do Caterpillar Kisses in your chair	* Do Caterpillar Kisses slowly * Do Caterpillar Kisses with one hand at a time	Do Caterpillar Kisses with both hands at the same time, but in the opposite direction (e.g. at the same time as your right thumb is 'kissed' by your right pointer, tall man, ring finger then pinkie; your left thumb is kissed by your left pinkie, ring finger, tall man and then pointer).	* Only one type of finger moving (for example, just the pointer fingers). The other fingers staying still. * Touch the very tip of the thumb and finger