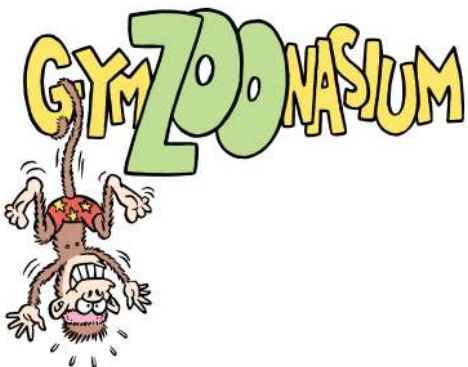




GARDEN EXPLORE

7m 19s



I wonder who lives in the grass or under the leaves in your garden. Let's explore the garden in this slow-paced session featuring some more challenging animal movements.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Butterfly Breathing	Do Butterfly Breathing in your chair, using your arms as your butterfly wings.			* Breathing in time with your 'wings' * Breathing in through your nose and out through your mouth * Back straight, and shoulders down and relaxed
Gecko Creep	Climb up an imaginary ladder with your arms (and your legs too if possible).	Start in a standing push-up position (with your hands against a wall). Lift your knee up towards your elbow and back down, then swap sides. Start in a push-up (on your hands and toes). Keep your body still, while you step one foot forward then back.	Try balancing a soft toy or pencil case on your back while doing the Gecko Creep. Try not to let it fall!	* A straight line from shoulders to heels (rather than hips lifting up or sagging) * Moving your hand and opposite foot at the same time * Small, slow, controlled steps * Tummy muscles squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Lizard Push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands).	Do Lizard Push-ups... - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down), or - Standing, with your hands against a wall	* Try Lizard Push-ups with your hands on a pillow. * Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood, rather than a wiggly worm.	* Body straight (from shoulders to knees), keeping tummy muscles squeezed * Body all lifting together as one (rather than shoulders lifting first like a wiggly worm). Bend and straighten the elbows to achieve the movement
Caterpillar Crawl	Stretch your body up towards the sky. Walk your hands in the air down to touch your toes, then back up.		Do the Caterpillar Crawl slower and with more control, or moving forwards around the room	* Straight back and legs * Hips level (not rocking side to side) * Abdominal muscles squeezed
Dragonfly Zoom	Lean forward with a straight back. Stretch your arms out wide like wings. Squeeze your shoulder blades down and back to hold your wings high for 5-10 deep breaths.	Do the Dragonfly Zoom with your hands on the desk in front of you, or pressing against a wall in front of you.	While doing the Dragonfly Zoom: - Lift your leg and/or arms slightly higher, or - Put your arms out in front of you, instead of out to the sides	* Hips and shoulders parallel to the floor * Arms and legs straight * Actively stretching head and lifted foot away from each other
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing the Butterfly Stretch lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed
Butterfly Breathing	Do Butterfly Breathing in your chair, using your arms as your butterfly wings.			* Breathing in time with your 'wings' * Breathing in through your nose and out through your mouth * Back straight, and shoulders down and relaxed