



GOING BANANAS

14m 09s

We are going to use up lots of energy today,
so we don't end up 'going bananas'!



Movement	Seated modifications	Other modifications	Progressions	Watch points
Lion Roar	Do the Lion Roar in your chair	You can do the Lion Roar silently as you're getting the hang of it (or in places when you need to be quiet, such as in class)	As you breathe out, try doing a louder Lion Roar	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Monkey Twist	Move like the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body - Tummy muscles squeezed
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)
Bunny Hop	Put your hands on the sides of your chair. Push down with your hands to lift your bottom off the chair.		Bunny Hop a little higher (making sure to keep your arms strong to hold you up). If you have enough space, 'Bunny Hop' forwards along the floor. With each Bunny Hop, hop your feet forwards towards your hands and then hop your hands forwards.	* Controlled movement * Feet lifting off the floor only 5-10cm max * Shoulders pulled down, away from ears * Arms strong and straight



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Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together
Puppy Play	Climb an imaginary ladder with your arms. Reach one arm at a time up high and squeeze your tummy muscles to pull the arm down strongly. Pedal one leg and the opposite arm (like you're climbing an imaginary ladder with arms & legs).	Standing: Pedal one leg and the opposite arm (like you're climbing an imaginary ladder). Switch the leg and arm you're using with each pedal.	Pedal your legs closer to the floor, squeezing your tummy muscles so your lower back doesn't arch off the floor.	* Tummy muscles gently squeezed * Back flat on the floor. If your lower back arches, pedal your legs up higher in the air and make sure your tummy muscles are switched on.
Squished Cockroach	Put your left hand on the outside of your right knee. Push on your knee to help you twist your upper body as far as you can to the right.		In the Squished Cockroach position, straighten the leg that is crossed over. Hold onto that foot or toe if you can.	* Your straight arm and shoulder touching the floor



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Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.