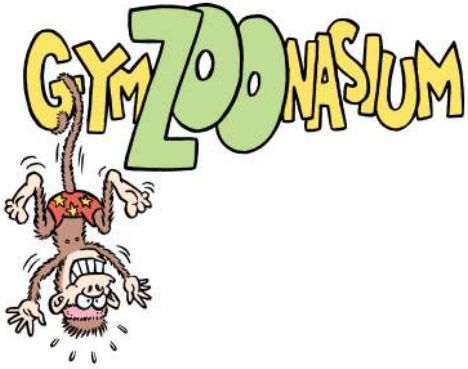




GORILLA GRIP

5m 0s

Gorilla Grip

GYM ZOO NASIUM

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YOGA



Can you hold the Gorilla Squat position while practising your fine motor skills at the same time???

Give it a go in this fun brain break session that combines gross and fine motor skills.

This session is categorised as: Quick Brain Break, Small Space, Emotional Regulation, Lower Limb, Flexibility, Fine Motor Skills

Movement	Seated modifications	Other modifications	Progressions	Watch points
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together



Movement	Seated modifications	Other modifications	Progressions	Watch points
Gorilla Squat	Place your hands on the sides of your chair. Push down with your hands (and your legs/feet if possible) to lift your bottom.	Do the Gorilla Squat with your back against a wall. Step your feet forward and slide your back down the wall until it looks like you're sitting on a chair. Hold for as long as you can.	Sit in a Gorilla Squat position against a wall. Keep your back and bottom against the wall, while you go onto tippy toes for 20 seconds, then onto heels for 20 seconds. Keep alternating and hold for as long as you can.	* Knees kept wide, facing over your toes * Hips reaching back * Chest upright and eyes looking forward
Bilby Ears	Do Bilby Ears in your chair	Do Bilby Ears with your hands in front of you, so you can watch your fingers moving	While doing Bilby Ears, try holding something tiny (like a small piece of lego) in your hand with the other curled up fingers	* Thumb, pinkie and ring finger staying curled up in a fist
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!
Sticky Starfish	Do Sticky Starfish in your chair	Do Sticky Starfish slowly	Try Sticky Starfish with your eyes closed	* Only one pair of fingers coming apart at a time



Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
Pigeon Pose	Same as the standard Pigeon Pose		Try Pigeon Pose on the floor... 1. Step your right foot back and lunge down to kneel on your right knee 2. Slide your left foot to the right, and place your hands on the floor in front of you 3. Slide your right leg back as far as you can 4. Lower your left knee and hips towards the floor	* The front leg ideally parallel with the pelvis (hip bones) * Pelvis (hip bones) facing straight forwards * Back leg in a straight line behind you