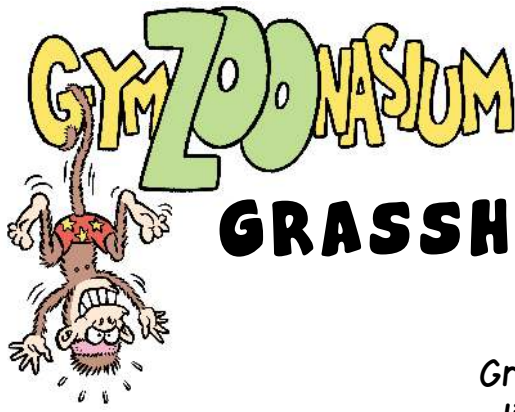




GRASSHOPPER GROOVE

*Grasshopper springs up
like a jack-in-the-box.
I would love some springs
like that in my socks!*

PURPOSE

- Strengthens legs, abdominals and arms
- Improves posture
- Provides deep pressure to help us feel calm and alert
- Helps 'use up' excess energy

INSTRUCTIONS

1. Start standing, with your feet shoulder-width apart
2. Squat down (with your knees shoulder-width apart), and put your hands on the floor in front of you
3. Jump your feet back into a full push-up position
4. Jump your feet back towards your hands
5. Jump up, reaching your hands up into the air

WATCH FOR

- Abdominal muscles squeezed
- Back straight
- Shoulders down and back
- Feet, knees and hands kept shoulder-width apart

MODIFICATIONS

- Seated: Curl your body down to touch your toes. Then straighten your body back up as quickly as you can (as though you're jumping up), reaching your hands up high into the air.



- Do the Grasshopper Groove...
 - Standing up instead of jumping and/or
 - Stepping your feet in and out of the push-up position, instead of jumping.



MORE CHALLENGING

- While doing the Grasshopper Groove, add a Lizard Push-up each time you're in the push-up position.



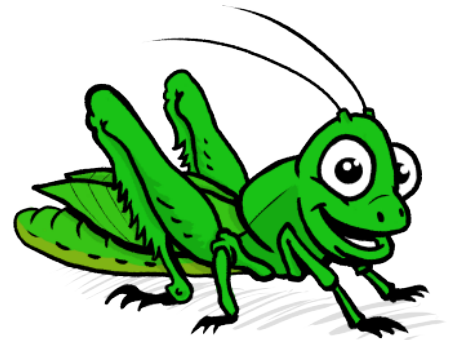
MAKE IT MULTI-SENSORY

- Imagine lying flat, camouflaged on a green leaf. Spring up into the air suddenly for a bit of fun, then jump back down to quickly camouflage again on the leaf.



FUN FACTS

If we could jump the way grasshoppers do, we would be able to jump the length of a football field!



FUN AND GAMES



FIND
7
DIFFERENCES

