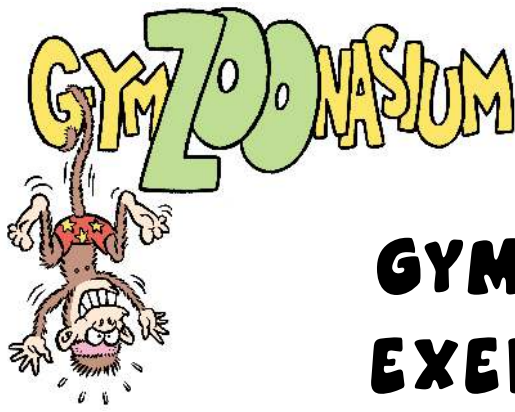




GYMZOO NASIUM

EXERCISE USES

Use this document to easily/quickly identify the best exercises to match children's needs and achieve desired outcomes at certain times of the day.

Before handwriting or fine motor activities

Doing these exercises just before handwriting or fine motor activities helps improve writing ability and fine motor control by readying the upper limb muscles. Most of these exercises also target core and postural muscles, which helps children achieve a strong base of support that positively affects the quality of their handwriting and fine motor control.

Hand and Finger Exercises

GymZOO nasium includes the following hand and finger exercises, to specifically strengthen children's fine motor skills.

- Bilby ears
- Caterpillar kisses
- Clam close
- Crayfish claws
- Dog on duty
- Dung beetle roll
- Mozzie clap
- Snail spy
- Snake swallow
- Spider spin
- Spider stretch
- Sticky Starfish
- Worm wave

Shoulder, Elbow and Wrist Exercises

GymZOOnasium includes the following exercises that strengthen and/or stabilise the upper limb muscles. Doing these exercises before handwriting or fine motor activities primes the upper limb muscles, which helps to improve fine motor control.

- Bunny hop
- Cat stretch
- Caterpillar crawl
- Chimpanzee swing
- Cobra lift
- Crab crawl
- Downward dog
- Elephant balance
- Elephant trunk swing
- Fish freeze
- Gecko creep
- Goanna climb
- Grasshopper groove
- Horse kick
- Lizard push-up
- Mountain climber
- Praying mantis plank
- Snake swallow
- Starfish superstar

After using computers, tablet devices or mobile phones

These movements help to stretch the muscles that become tight when using computers and devices, and support the return to good posture thereafter.

- Crocodile roll
- Desert lizard dance
- Dolphin arch
- Elephant trunk swing
- Leopard stretch
- Peacock pose
- Shark scare
- Turtle swim
- Wolf tilt

After lunch breaks, before entering the classroom

Sensory-motor activities can assist children in achieving an optimal level of alertness. The following exercises provide deep pressure, proprioceptive input to a number of muscles and joints, which is highly effective for achieving a 'calm, alert' state, ready for learning.

- Bat hang
- Bunny hop
- Caterpillar crawl
- Chimpanzee swing
- Crab Crawl
- Downward dog
- Echidna curl
- Fish freeze
- Frog squat
- Gecko creep
- Goanna climb
- Gorilla squat
- Grasshopper groove
- Kangaroo jump
- Lizard push up
- Monkey hug
- Mountain climber
- Praying mantis plank
- Sloth snooze
- Starfish superstar

These exercises are ideal to do against a wall (after lunch breaks, before entering the classroom):

- Lizard push-ups
- Gecko creep (walking hands down the wall and then back up again)
- Goanna climb
- Gorilla squat

Completing a more complex motor task can be useful to support concentration and attention. Try using this stretch as a transition to classroom tasks after lunch time:

- Eagle pose

For transitions between rooms and activities, at home and school

GymZoonasium's transition activities are great for an 'on the move' brain break when transitioning between rooms or activities.

The following movements target postural muscles, which improves children's ability to understand their body position in space and improves their motor control. Movements such as these, particularly when they involve deep pressure proprioceptive input, are also highly effective in helping children achieve a 'calm, alert' state of regulation.

- Ant nest dance
- Banana rama (at walking pace)
- Bunny hop
- Caterpillar crawl
- Chimpanzee swing (moving feet forward then swinging bottom forward)
- Crab crawl
- Eagle twist (eagle twist stretch with arms while walking)
- Flamingo balance (balancing for 3 seconds then taking a step forward)
- Frog squat (jumping forwards)
- Gecko creep (creeping forwards instead of on the spot)
- Giraffe reach (walking on toes)
- Jungle jog (high knee walking)
- Kangaroo jump (jumping forwards)
- Lion lunge (walking lunges)
- Mozzie clap
- Peacock pose (while walking)
- Penguin waddle (walking on heels)
- Seagull hop (hopping forwards)

These fine motor skills activities can be done while walking or moving between activities:

- Bilby ears
- Caterpillar kisses
- Clam close
- Crayfish claws
- Dog on duty
- Dung beetle roll
- Snail spy
- Snake swallow
- Spider spin
- Spider stretch
- Sticky starfish
- Worm wave

To improve focus, memory, verbal learning and cognitive function

'Bilateral coordination' activities are effective for improving children's focus and performance in the classroom. Coordination exercises help with developing attention, working memory, verbal learning, and memory skills, and directly correlates with children's academic achievement and cognitive function. GymZOOnasium's bilateral coordination movements include:

- Ant nest dance
- Banana rama
- Bunny hop
- Caterpillar crawl
- Caterpillar kisses
- Clam close
- Cross country
- Desert lizard dance
- Dog on duty
- Dung beetle roll
- Eagle twist
- Elephant balance
- Elephant trunk swing
- Gecko creep
- Goanna climb
- Jungle jog
- Monkey hug
- Mozzie clap
- Orangutan stretch
- Puppy play
- Seagull hop
- Spider spin
- Spider stretch
- Star jump safari
- Sticky starfish
- Worm wave

The following movements involve 'crossing the midline', which helps to prepare the brain for complex tasks and learning.

- Ant nest dance
- Clam close
- Cross country
- Eagle twist
- Elephant trunk swing

- Forest floss
- Monkey ear squeeze
- Monkey hug
- Monkey twist
- Orangutan stretch
- Pigeon pose
- Spider stretch
- Squished cockroach

To energise children when sleepy/bored

Sensory-motor activities can assist children to achieve an optimal level of alertness. These exercises provide vestibular sensory input which can help 'sleepy or bored' children to feel more energised, awake and ready for learning.

- Armadillo curl
- Banana rama
- Bat hang
- Caterpillar crawl
- Downward dog
- Dragon breath
- Dragonfly zoom
- Frog squat
- Grasshopper groove
- Kangaroo jump
- Monkey twist
- Seagull hop
- Star jump safari

Before sitting cross legged on the floor

These exercises encourage both the flexibility and the coordination that supports children to be able to sit cross legged.

- Butterfly bliss
- Butterfly breathing
- Eagle twist
- Koala balance
- Pigeon pose
- Toad sit

Before or after sitting in a chair

Before or after prolonged sitting it is beneficial to stretch the hip flexor, hamstring and gluteal muscles. These muscles can tighten with excessive sitting, which can contribute to poor posture and lower back pain. These GymZOOnasium movements are beneficial before or after sitting.

- Armadillo curl
- Bat hang
- Brachiosaurus reach
- Llama stretch
- Pigeon stretch
- Pterodactyl take-off

When needing to sit still with good posture

The following exercises target the postural muscles, to strengthen those muscles and to support children to develop better body awareness and body control. Include these exercises before activities requiring a strong and steady base of support (such as handwriting and other fine motor activities). This exercise activates the core muscles so they are 'ready' to be used during fine motor tasks. Without this 'priming' (readying) of the trunk/core postural muscles, children can have more difficulty (or use more effort) maintaining an upright posture, which can impact on the quality of their handwriting or fine motor tasks.

- Alligator snap
- Banana rama
- Brachiosaurus reach
- Bunny hop
- Butterfly bliss
- Chimpanzee swing
- Crab crawl
- Crocodile roll
- Desert lizard dance
- Echidna curl
- Fish freeze
- Forest floss
- Frog squat
- Gecko creep
- Goanna climb
- Grasshopper groove



- Kangaroo jump
- Koala balance
- Leopard stretch
- Lizard push-up
- Monkey twist
- Mountain climber
- Peacock pose
- Praying mantis plank
- Pterodactyl take-off
- Shark scare
- Starfish superstar
- Swan glide
- Toad sit
- Turtle swim

Before sport warm-up activities

These fun fitness activities are ideal to use as part of a warm-up before sport or exercise.

- Ant nest dance
- Banana rama
- Cross country
- Frog squat
- Grasshopper groove
- Jungle jog
- Kangaroo jump
- Lion lunge
- Monkey twist
- Mountain climber
- Mozzie clap
- Star jump safari

Stretches before or after sport

These stretches target large muscles groups. They're ideal as part of a warm-up before sport, to improve athletic performance, range of motion and injury risk. Use these stretches within your cool-down after sport to reduce muscle soreness, increase flexibility and enhance recovery.

- Armadillo curl
- Bat hang
- Brachiosaurus reach
- Butterfly bliss
- Emu explore
- Meerkat mission
- Llama stretch
- Panda sit
- Pigeon pose
- Pterodactyl take-off
- Toad sit

Before bed

These exercises are useful to use before bedtime as their primary aim is for calming and down-regulating children. These are ideal to do in or beside your bed.

- Bee buzz
- Butterfly breathing
- Pufferfish puff
- Sloth snooze
- Snail curl
- Squished cockroach

After waking up in the morning

These exercises are useful to complete after getting out of bed as they assist in "up-regulating" or energising children. They can be particularly useful for children who are slow to wake up and get moving in the mornings.

- Bat hang
- Downward dog
- Dragonfly zoom
- Snail curl