



HAMILTON ISLAND HOP

5m 01s

A fun 5-minute brain break, including a fun medley of movements beneficial for bilateral coordination, crossing the midline, pre-writing and calm.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Banana rama	Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).	Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)	Speed up the Banana rama	• Elbow coming down towards the opposite knee • Chest upright & back straight • Squeezing tummy muscles
Elephant trunk swing	Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.		Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.	• Pelvis/hips still, and upper body twisting



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Snake strike	Squeeze your tummy and lift one leg up off your chair.	• Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.	Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised.	• Feet and knees hip-width apart • Neck and shoulders relaxed • Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.
Chimpanzee swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing	• Shoulders down and back • Chest upright • Tummy muscles squeezed
Armadillo curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	• Legs straight • Shoulders down and back • Deep breaths (not holding your breath)