



i AM

3m 42s

Sometimes I am happy. Sometimes I am calm, or focused, or proud.
Let's try some movements that help us explore how we feel.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bee Buzz	Do Bee Buzz in your chair		* Make your "buzzz" or "hmmm" sound last even longer, by letting the air out more slowly * After your breathe in, try holding your breath for 3 seconds before breathing out	* Sitting tall * Breathing in through your nose * Slow, controlled breath out
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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Panda Sit	Use your hands to push your knees apart. Lean forward with your back straight.	Do the Panda Sit with one leg bent and that knee pointed out to the side. Lean forwards with a straight back to feel a stretch on the inside of the straight leg.	Do the Panda Sit with: - Your feet wider apart - Your chest lowered closer to the floor	* Legs straight * Bending forward from your pelvis, so your back stays straight and chest stays proud
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
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.