



LEOPARD STRETCH

Stretching up high in a tree
I spot a gazelle at last.
Ready, set, go! Here I come!
Watch me sprint right past!

PURPOSE

- Stretches back, chest and shoulders



INSTRUCTIONS

1. Kneel on all fours
2. Slide your left hand as far as you can forward, and then your right hand
3. Imagine your hands are glued to the floor
4. Reach your hips back (away from your hands), and rest your head on the floor
5. Keep trying to pull your hips back, for 5-10 deep breaths



WATCH FOR

- Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.



MODIFICATIONS

- Seated: Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as you can.



MORE CHALLENGING

- While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.



MAKE IT MULTI-SENSORY

- Crouch down like a leopard hiding in the long grass.
What might the leopard see and hear?



FUN FACTS

- Leopards are the strongest of the big cats
- They can run super fast (58 km/hour) - like a car!
- They can jump 6 metres forwards and 3 metres high
- Leopards are great climbers! They carry their prey up into trees so lions or hyenas can't steal their meal.



FUN AND GAMES



1.zebra 2.leopard 3.giraffe 4.alligator 5.flamingo 6.gorilla 7.iguana 8.snake 9.lion 10.monkey