



LLAMA STRETCH

*I stand tall and alert
like a soldier on duty,
but I'm soft and cuddly
a big teddy bear cutie.*

PURPOSE

- Stretches your hips, which is important for posture
- Improves balance

INSTRUCTIONS

1. Kneel down, and step one foot forwards (to balance on one knee and the other foot)
2. Tuck your bottom under (like a naughty puppy tucking its tail down between its legs)
3. Lean slightly forward until you feel a stretch in the front of your hip
4. Clasp your hands together and reach them up above you
5. Hold the stretch for 5-10 deep breaths

WATCH FOR

- Bottom tucked down (like a naughty puppy)
- Hips/pelvis facing straight forwards

MODIFICATIONS

- Seated: Lift your left ankle and place it on top of your right knee. Gently lean forwards, keeping your back long and straight. Use your left hand to gently press your left knee down. Hold for 5 deep breaths, then switch legs.

MORE CHALLENGING

- While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom





MAKE IT MULTI-SENSORY

- Stay tall, straight and focussed, like a llama listening carefully to the sounds all around.



FUN FACTS

- Llamas have excellent survival skills
- Their thick coats enable them to thrive in places with extreme temperatures



FUN AND GAMES

Colour these llamas having fun!

