



MEERKAT MISSION

*We stand tall on a mission
to protect all our mob.
We meerkats work together
to do the best job!*

PURPOSE

- Stretches legs (thighs)
- Improves balance



INSTRUCTIONS

1. Stand tall (beside a sturdy desk or wall if you need help to balance)
2. Press one foot into the floor
3. Lift the other foot up behind you into your hand
4. Gently pull your foot towards your bottom
5. Hold for 5 slow breaths, then switch legs



WATCH FOR

- Standing up tall, like a meerkat
- Neck and shoulders relaxed
- Bottom tucked under and knees together



MODIFICATIONS

- Do the Meerkat Mission while:
 - Holding onto a sturdy desk or wall to help you balance
 - Focusing your eyes on something still to help you balance
- Seated: Massage the top of your legs with your elbows.
- Lying: Lie on your side or tummy with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom.



MORE CHALLENGING

- Try the Meerkat Mission with your eyes closed, to challenge your balance



MAKE IT MULTI-SENSORY

- Stand up tall and alert, like a meerkat on the lookout for danger near its den. Imagine what you might see, hear or smell around you while you're on the lookout.



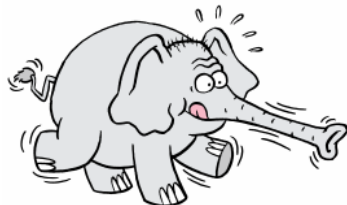
FUN FACTS

- Meerkats live together in mobs of up to 50 and work together like an awesome team! They take turns to search for food while others stay at the burrow to keep a lookout for predators and babysit the "pups".
- If attacked, meerkats stand together arching their backs, raising their hair and hissing, as though they are one large animal not to be messed with!



FUN AND GAMES

Create your very own 'balance session' (to transform into a tightrope walking superstar)! Circle which balance exercises you want to include, and number the boxes in the order of your choice. Challenge your family and friends to do the session with you.

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