



MEMOJI

7m 17s



Welcome to Emoji - an emotional safari!

Just like drinking water when we're thirsty and resting when tired, our bodies need us to take action when we feel emotions. Today, let's explore 7 animals that can help us move to match the emotions we feel.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Dragon Breath	Do Dragon Breath seated in your chair		Make each dragon breath longer and more powerful (trying to breathe your fire out further each time)	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
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)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wriggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)
Starfish Superstar	Lift your arms up straight out to your sides (like a 'star' or wings). Lean your body slowly over to one side, keeping your back long and tummy strong. When you lean to the left you will feel the muscles on the right side of your tummy switch on. Lean for as long as you can, then change sides.	* Do the Starfish Superstar with your knees bent and your bottom knee on the floor. * Standing: Stand side-on to a wall. Place your closest hand at shoulder-height on the wall. Take a large step away from the wall until your arm is straight and your feet are further away from the wall than your shoulders. Lift your furthest arm and leg to make a 'star'.	Try the Starfish Superstar balancing on your hand (with your arm straight) instead of on your elbow	* Lower elbow directly under the shoulders * Abdominal muscles squeezed * Whole body kept in the same plane of movement * Normal breathing (avoid holding your breath)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together
Alligator Snap	Put your hands on the outside of each knee. Push outwards with your knees and inwards with your hands.	Do the Alligator Snap with your hands on the floor beside you, to help you balance.	Try the Alligator Snap with... - Your eyes closed - Your bottom leg held up off the floor - Your arms lifted up off the floor, or - Your legs and arms both 'snapping' up and down together	* Body in a straight line (like a plank of wood) * Tummy muscles and buttocks squeezed
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		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.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.