

Mozzie World

4m 55s

This session is categorised as: Quick Brain Break, Emotional Regulation, Learning (science) & Small Space.



“Join us in Mozzie World to discover how mosquitoes are vital to our ecosystem. This session is awesome for emotional regulation and is appropriate for children in prep to year 6.”

Movement	Seated modifications	Other modifications	Progressions	Watch points
Mozzie Clap	Clap your hands just above one knee and then click your fingers up near your shoulders. Then clap above the other knee. (If you can lift your leg, try clapping under your knee instead).	Do Mozzie Clap without clicking your fingers. Just clap your hands under your knee and lift your hands up between claps.	* Instead of just lifting your leg, 'hop' your leg up. * Try doing Mozzie Clap faster. This will challenge your fitness and coordination!	* Torso (body) staying tall and straight throughout
Monkey Beats	Do Monkey Beats in your chair		Change the beat! Tap in time with different types of music.	* Shoulders relaxed throughout * Tapping in time with the beat



Movement	Seated modifications	Other modifications	Progressions	Watch points
Toad Sit	Lift your left foot onto your chair. Use your left elbow to push your left knee outwards until you feel a stretch. Bend forwards from your hips, keeping your back straight and strong. Place your elbows on the insides of your knees and push your knees outwards. Hold for 5 deep breaths		Do the Toad Sit with your arms... - Straight out in front of you - Pointing up to the sky in front of you	* Feet wider than hips * Chest upright and back straight * Shoulders down and neck relaxed
Swan Glide	Do the Swan Glide in an upright seated position, or leaning forwards from your waist.	Do the Swan Glide with... - Your feet hip-width apart on the floor - Your body more upright	In the swan position, hold your wings up for as long as you can	* Back straight * Tummy muscles switched on * Shoulders down and relaxed
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Snake Swallow	Do Snake Swallow in your chair	Start by opening your 'snake mouth' a little. Open it wider as your hands grow stronger.	Try Snake Swallow with a scrunchie or thick rubber band around your thumb and fingers	* Opening the hand wide like a snake swallowing a large meal * Fingers all straight and kept together * Thumb and fingers moving apart and back together in sync