



ORANGUTAN STRETCH

*After swinging all day
like a circus trapeze
a stretch feels so great
in my nest in the trees.*

PURPOSE

- Stretches your legs and back



INSTRUCTIONS

1. Stand up tall
2. Lift one foot and the opposite arm, and cross them across your body
3. Reach your arm up and poke your hip to the side, to stretch the side of your body
4. Hold for 5 slow breaths then swap sides



WATCH FOR

- Hips, shoulders and arm facing straight ahead (not leaning forwards)
- Bottom hand pushing into your leg



MODIFICATIONS

- Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.
- Seated: Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.



MAKE IT MULTI-SENSORY

- Stretch your top arm up like you are hanging from a tree



FUN FACTS

- The word "Orangutan" means "human of the forest"
- Orangutans are deep thinkers, very intelligent and great problem solvers.
- Orangutans spend most of their time up in the trees. They even sleep in leafy nests high in the trees, where it's harder for big cats such as leopards to get them.
- Orangutans are endangered. We need to help protect the forests where they live.



FUN AND GAMES

Colour in these playful primates

