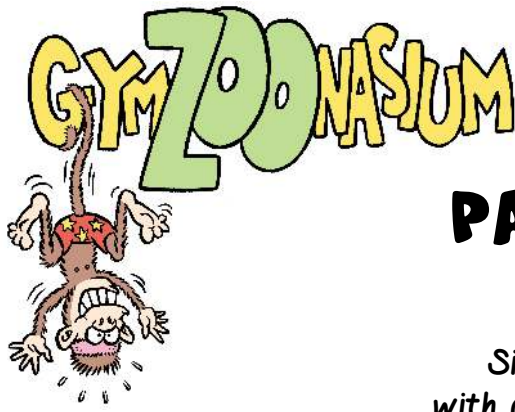




PANDA SIT

*Sitting in the forest,
with a munch and a crunch,
feasting on bamboo
Panda's favourite lunch.*

PURPOSE

- Stretches lower back and legs
- Calming

INSTRUCTIONS

1. Sit on the floor with your legs in a 'V' shape
2. Bend forward with a straight back, moving your chest towards the floor
3. Hold for 3-5 deep breaths

WATCH FOR

- Legs straight
- Bending forward from your pelvis, so your back stays straight and chest stays proud

MODIFICATIONS

- Do the Panda Sit with one leg bent and that knee pointed out to the side. Lean forwards with a straight back to feel a stretch on the inside of the straight leg.
- Seated (in a chair): Use your hands to push your knees apart. Lean forward with your back straight.

MORE CHALLENGING

Do the Panda Sit with:

- Your feet wider apart
- Your chest lowered closer to the floor





MAKE IT MULTI-SENSORY

- Pandas love to scratch their itches! Pretend you're an itchy panda. Use your panda paws (hands) to scratch all the itchy spots on your legs. Reach your left hand over to scratch your right leg. Reach your right hand over to scratch your left leg.
- Use your hands to drum on your legs in time with the music!



FUN FACTS

- Pandas are shy and prefer to live alone
- Adult pandas spend up to 14 hours per day eating! That's more than twice as long as you're at school for each day.
- Pandas can poop up to 28kg per day! There's plenty of fibre in the bamboo and fruit they eat.



FUN AND GAMES

Draw some bamboo and fruit for this hungry panda to eat

