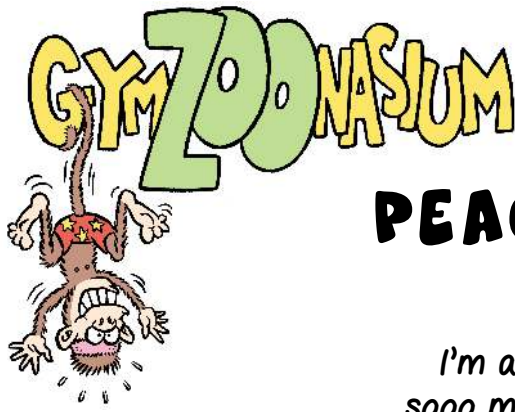




PEACOCK POSE

*I'm a spectacular peacock,
sooo much fancier than a dove.
My feathers contain tiny crystals
to attract my "lady love"!*

PURPOSE

- Stretches chest muscles
- Improves posture



INSTRUCTIONS

1. Stand up tall
2. Clasp your hands together behind your back
3. Lift your arms as high as you can (keeping your chest tall and proud)



WATCH FOR

- Standing tall (chest upright)
- Shoulders down and neck relaxed



MODIFICATIONS

- Seated: Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (keeping your back straight and chest proud).



MORE CHALLENGING

- Try doing the Peacock Pose balancing on one foot





MAKE IT MULTI-SENSORY

- Hold your chest tall and proud. Imagine you're a peacock showing off your beautiful shiny feathers for all to see.



FUN FACTS

- Male peafowl are called 'peacocks' and have fancy feathers
- Females are called 'peahens' and have bland brown feathers



FUN AND GAMES

Colour in my friend

