



FACILITATOR NOTES

POOrific

4m 08s

This session is categorised as: Quick Brain Break, Bilateral Coordination, Motor Planning & Sequencing, Standing Session, Small Space



Enter the wild and crazy world of Dung Beetles in this fun brain break session.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Dung Beetle Roll	Do Dung Beetle Roll seated	Do Caterpillar Kisses instead	Do Dung Beetle Roll with both hands at the same time, but in the opposite direction (while your right thumb is rolling with the right pointer finger, roll your left thumb with the left pinkie).	* Finger rolling in a well-controlled circle
Banana Rama	Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).	Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)	Speed it up	* Elbow coming down towards the opposite knee * Chest upright & back straight * Squeezing tummy muscles



Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Dung Beetle Roll	Do Dung Beetle Roll seated	Do Caterpillar Kisses instead	Do Dung Beetle Roll with both hands at the same time, but in the opposite direction (while your right thumb is rolling with the right pointer finger, roll your left thumb with the left pinkie).	* Finger rolling in a well-controlled circle