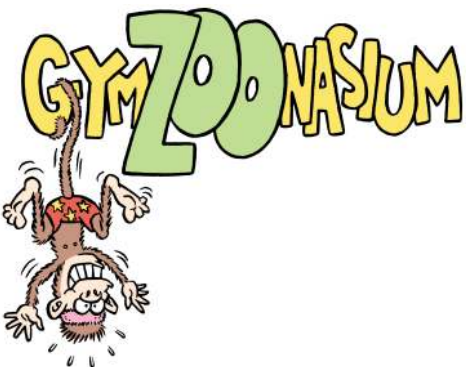




RAINFOREST SOUNDS

4m 28s



This is a great session for focusing on listening skills, crossing the body's midline and sensory/emotional regulation.
Join us on a sensory adventure... listening out for animals of the rainforest.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Chimpanzee Swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing.	* Shoulders down and back * Chest upright * Tummy muscles squeezed
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Lizard Push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands).	Do Lizard Push-ups... - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down), or - Standing, with your hands against a wall	* Try Lizard Push-ups with your hands on a pillow. * Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood, rather than a wiggly worm.	* Body straight (from shoulders to knees), keeping tummy muscles squeezed * Body all lifting together as one (rather than shoulders lifting first like a wiggly worm). Bend and straighten the elbows to achieve the movement
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing the Butterfly Stretch lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.