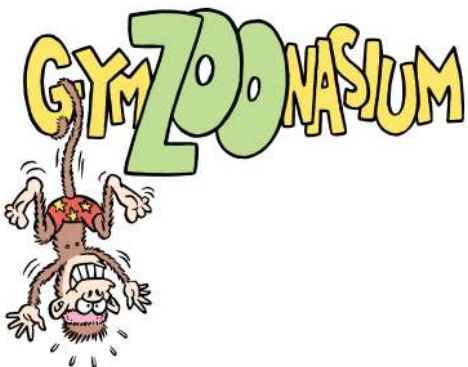
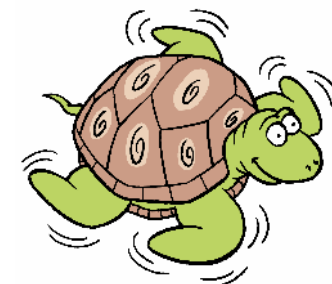




Riding Waves

5m 49s



We can learn to ride the waves of our emotions by expressing them through movement.
Let's take a trip to the ocean to explore our emotions through movement.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Snake Strike	Squeeze your tummy and lift one leg up off your chair	Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.	Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised.	* Feet and knees hip-width apart * Neck and shoulders relaxed * Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crab Crawl	Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom	Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.	In the Crab Crawl position: Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs. Step your hands and feet to slowly Crab Crawl around in a circle or side to side.	* Correct start position (arms by the side, not over the shoulders) * Right angles at the shoulders and knees * Bottom pushed up, so your body is flat like a table
Starfish Superstar	Lift your arms up straight out to your sides (like a 'star' or wings). Lean your body slowly over to one side, keeping your back long and tummy strong. When you lean to the left you will feel the muscles on the right side of your tummy switch on. Lean for as long as you can, then change sides.	* Do the Starfish Superstar with your knees bent and your bottom knee on the floor. * Standing: Stand side-on to a wall. Place your closest hand at shoulder-height on the wall. Take a large step away from the wall until your arm is straight and your feet are further away from the wall than your shoulders. Lift your furthest arm and leg to make a 'star'.	Try the Starfish Superstar balancing on your hand (with your arm straight) instead of on your elbow	* Lower elbow directly under the shoulders * Abdominal muscles squeezed * Whole body kept in the same plane of movement * Normal breathing (avoid holding your breath)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together
Turtle Swim	Do the turtle arms up in the air. Reach your arms up high. As you swim your arms down, squeeze your shoulder blades together to help keep your hands back as far as possible.	Keep both feet on the floor and just do Turtle Swim arms. Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply.	Try the Turtle Swim with your eyes closed (to challenge your balance).	* Back straight * Squeezing shoulder blades down and back * Keeping arms lifted as high as possible * Slow, controlled arm movement * Good balance (body and legs staying still)
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.