



SHARK SCARE

*When I arrive at the party
all the fish suddenly flee.
I am king of the ocean,
they don't dare mess with me!*

PURPOSE

- Strengthens back and buttocks
- Stretches chest muscles, which can become tight from using tablet devices and computers.
- Improves posture



INSTRUCTIONS

1. Lie on your tummy, with straight legs
2. Squeeze your feet together
3. Clasp your hands behind your back (like a shark fin)
4. Lift your shark fin up and back, as you lift your head and chest off the floor
5. Reach your chest up and forward
6. Hold for 5-10 deep breaths



WATCH FOR

- Legs straight and feet squeezed together



MODIFICATIONS

- Seated: 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.



MORE CHALLENGING

- While doing the Shark Scare, lift your legs off the floor also



MAKE IT MULTI-SENSORY

- Make your best 'scary shark' face!



FUN FACTS

- Sharks have been around for 450 million years!
- Unlike other fish, sharks can only swim forwards
- Sharks have the largest brains of any fish



FUN AND GAMES

Invent your own shark-inspired vehicle to travel in under water. Plan and draw it here.

