



SLOTH SNOOZE

*Don't make a sound,
let's quietly creep,
Sloth needs some more
precious beauty sleep.*

PURPOSE

- Stretches legs (hamstrings)
- Calming

INSTRUCTIONS

1. Lie on your back, with bent knees and tummy squeezed
2. Lift one leg to point up into the air, then lift the other
3. Straighten your knees and push your heels up as high as you can
4. Close your eyes. Relax and hold for at least 10 deep breaths.

WATCH FOR

- Legs straight
- Neck and upper body relaxed

MODIFICATIONS

- Do the Sloth Snooze with:
 - Just one leg at a time stretching up into the air
 - Your legs up against a wall
- Seated: Sit on a chair and curl your body forward into a "C" shape. Move one foot forwards, straighten that leg and flex your toes back towards you. Hold for 5 deep breaths, then change legs.



MORE CHALLENGING

- While doing the Sloth Snooze, flex your toes back towards you



MAKE IT MULTI-SENSORY

- Sloths snooze for about 15 hours each day. Imagine you're a sloth, snoozing peacefully on a branch in the jungle.



FUN FACTS

- Sloths move soooo slowly! They move 2 metres per minute on the ground, and 3 metres per minute in trees.
- Sloths even digest their food slowly. They can take up to a month to digest the tough leaves they eat.
- Sloths usually only leave the tree they live in once a week, to go to the toilet on the ground. This is when they are most at risk of being attacked (by an eagle, jaguar or snake). We're lucky we don't face that same risk when we need to go to the toilet!



FUN AND GAMES

Ask a parent or teacher to help you choose a suitable, sturdy chair.

Use masking tape or Blu Tack to stick a blank piece of paper underneath the chair.

Fetch some crayons or pencils. Lie on the floor in the Sloth Snooze position, with your head under the chair and feet up in the air or against a wall.

Enjoy drawing a picture in this relaxing, creative position!

