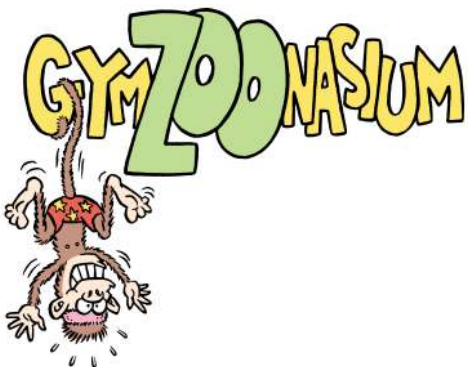




SMALL BUT MIGHTY

4m 29s



Join us on a wonderful journey of fitness, strength, fine motor skills and breathing, as we learn just how mighty and inspirational ants really are!

This session is categorised as: Learning Activity (Science), Growth Mindset, Quick Brain Break, Emotional Regulation, Intermediate, Upper Limb

Movement	Seated modifications	Other modifications	Progressions	Watch points
Ant Nest Dance	Do the Ant Nest Dance in your chair		Add in an extra foot tap behind you! (Before putting your foot back on the floor move your foot and opposite hand behind your body to tap each other there also).	* Body staying tall and strong throughout! * Hand tapping the opposite foot



Movement	Seated modifications	Other modifications	Progressions	Watch points
Goanna Climb	Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time.	<u>Standing:</u> Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).	Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).	* Looking down at the floor * Tummy up off the floor * Shoulders pulled down * Body in a straight line (like a plank of wood) * Hips level with the floor
Monkey Beats	Do Monkey Beats in your chair		Change the beat! Tap in time with different types of music.	* Shoulders relaxed throughout * Tapping in time with the beat
Snake Swallow	Do Snake Swallow in your chair	Start by opening your 'snake mouth' a little. Open it wider as your hands grow stronger.	Try Snake Swallow with a scrunchie or thick rubber band around your thumb and fingers	* Opening the hand wide like a snake swallowing a large meal * Fingers all straight and kept together * Thumb and fingers moving apart and back together in sync
Bee Buzz	Do Bee Buzz in your chair		* Make your "buzzz" or "hmmm" sound last even longer, by letting the air out more slowly * After your breathe in, try holding your breath for 3 seconds before breathing out	* Sitting tall * Breathing in through your nose * Slow, controlled breath out