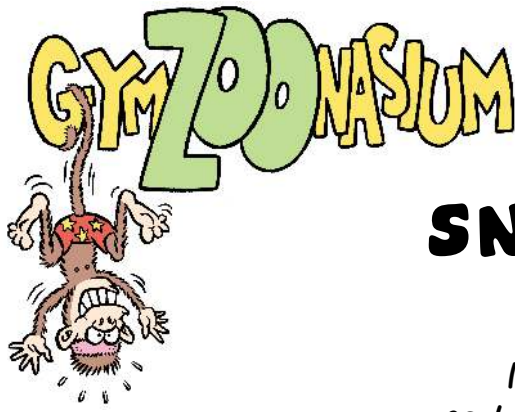




SNAIL CURL

*I left a slimy trail
as I slid along the ground,
then curled up in my shell
to feel all safe and sound.*

PURPOSE

- Stretches lower back and buttocks
- Calming



INSTRUCTIONS

1. Kneel on the floor with your bottom on your heels
2. Bend forward to rest your chest on your knees and your head on the floor
3. Stretch your arms out along the floor in front of you (or rest them by your side)
4. Arch your back up towards the sky
5. Breathe deeply into your lower back. With each breath out, relax down a little more.



WATCH FOR

- Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.



MODIFICATIONS

Seated: Curl your upper body forwards like a snail hiding in its shell

On the floor: Do the Snail Curl with...

- Your arms by your side, or
- A folded towel or blanket on top of your feet



MORE CHALLENGING

- Move your knees wider apart to feel a deeper stretch in your hips



MAKE IT MULTI-SENSORY

- Imagine you're a calm and cosy snail curled up inside your shell. Imagine the different sounds all around you in the garden. Relax and enjoy these beautiful, peaceful sounds of nature. Enjoy some slow, deep breaths while you relax here.



FUN FACTS

- Snails are one of the oldest-known animals. They have been on earth for 500 million years!
- Snails leave behind them a trail of slime, which protects them as they move along on their "muscular foot".



FUN AND GAMES

Help the little snail get to her mother.

