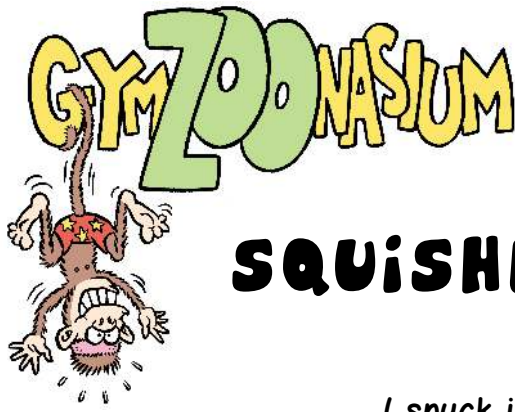




SQUISHED COCKROACH

*I snuck into your house last night,
for "a buffet" was what I wished.
But I had to dart under the couch
so I didn't end up squished!*



PURPOSE

- Stretches your back and buttocks



INSTRUCTIONS

1. Lie on your back, with your arms stretched out wide
2. Lift one knee and lift your opposite hand up to hold it
3. Look towards your straight arm and keep it 'glued to the floor'
4. Gently pull your bent knee across your body
5. Take 5 slow breaths, then change sides



WATCH FOR

- Keeping your straight arm and shoulder on the floor
- Looking towards your straight arm



MODIFICATIONS

- Seated: Put your left hand on the outside of your right knee. Push on your knee to help you twist your upper body as far as you can to the right. Hold for 5 deep breaths, then switch sides.

MORE CHALLENGING

- In the Squished Cockroach position, straighten the leg that is crossed over. Hold onto that foot or toe if you can.



MAKE IT MULTI-SENSORY

- Think about the parts of your body that are touching the floor



FUN FACTS

- Cockroaches have been around for 350 million years - when there were dinosaurs on earth. They have amazing survival skills, including being happy to eat anything!
- A cockroach can survive without its head for up to 2 weeks, because its brain is in its body instead of in its head



FUN AND GAMES

What might be happening in this picture? Complete this funny scene by drawing the person or creature this cockroach is poking its tongue out at.

