



STARFISH SUPERSTAR

*Searching in the tide pools
for treasure as I play,
Look, I've found a starfish
to brighten up my day!*

PURPOSE

- Strengthens arms and tummy muscles
- Improves posture and body control
- Provides deep pressure to help us feel calm, alert and ready to learn



INSTRUCTIONS

1. Balance on your side, with one forearm and one foot on the floor
2. Lift your hips off the floor and keep your body straight
3. Lift your top leg and arm into the air to make a 'star'
4. Freeze as a starfish for as long as you can, then switch sides



WATCH FOR

- Lower elbow directly under the shoulders
- Abdominal muscles squeezed
- Whole body kept in the same plane of movement
- Normal breathing (avoid holding your breath)



MODIFICATIONS

- Do the Starfish Superstar with your knees bent and your bottom knee on the floor.
- Standing: Stand side-on to a wall. Place your closest hand at shoulder-height on the wall. Take a large step away from the wall until your arm is straight and your feet are further away from the wall than your shoulders. Lift your furthest arm and leg to make a 'star'. Hold this position for 5-10 deep breaths, then switch sides.

- **Seated:** Lift your arms up straight out to your sides (like a 'star' or wings). Lean your body slowly over to one side, keeping your back long and tummy strong. When you lean to the left you will feel the muscles on the right side of your tummy switch on. Lean for as long as you can, then change sides.



MORE CHALLENGING

- Try the Starfish Superstar balancing on your hand (with your arm straight) instead of on your elbow



MAKE IT MULTI-SENSORY

- Starfish have tiny sticky spines to help them stick to rocks and coral. Imagine you have sticky spines too, and use them to keep your forearm and foot stuck strongly to the floor.
- Freeze as still as you can to keep yourself camouflaged from sharks and manta rays looking for lunch!



FUN FACTS

- Most starfish have 5 arms, but some types grow up to 50 arms!
- Starfish have 'eyespot' on the tip of each arm, to sense light and find food.
- Starfish eat clams, oysters and snails. Yum!
- When a starfish catches its food, it attaches its body to the food and extends its stomach out through its mouth to digest the food. Once the food is digested it brings its stomach back inside again. Crazy!



FUN AND GAMES

Draw my starfish family

