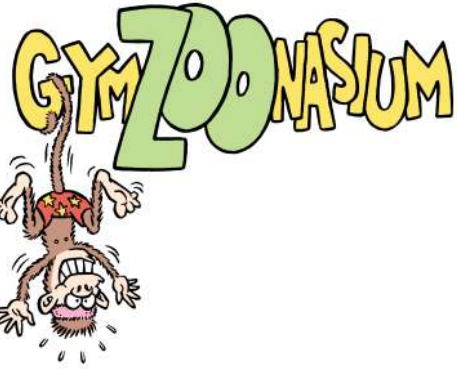




TENACIOUS TWENTY

20 minutes



High energy exercise for at least 10 minutes positively affects impulsivity, mood, unproductive and disruptive behaviour, attention span, work performance and on-task behaviour. This 20-minute session incorporates 5 minutes of warm-up stretches, 10 minutes of high energy strength exercises, and 5 minutes of calming cool-down stretches.

WARM UP

Movement	Seated modifications	Other modifications	Progressions	Watch points
Wolf Tilt	Do the Wolf Tilt seated			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight
Pterodactyl Take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... - Lift the heel of your bent leg off the floor, or - Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	* The foot on your bent knee facing to the side and the foot on your straight leg facing forward. * The knee of your bent leg above your ankle * Shoulders down and back * Chest upright * Arms straight out to the sides
Giraffe Reach	Reach your arms up in the air like a tall giraffe. Lift one or both heels off the floor if you can.	Lift one heel off the floor, then lower it and lift the other heel.	Try the Giraffe Reach: - With your eyes closed - On a wobbly surface (standing on a pillow or mattress on the floor) - With one foot lifted up off the floor	* Standing tall and straight * Squeezing abdominal muscles, to help with balance * Focusing your eyes on something still in front of you, to help with balance
Penguin Waddle	Lift the toes of one foot or both feet together. Hold for as long as you can. Squeeze a cushion or ball between your knees.	Lift the toes of one foot at a time. Hold for as long as you can, then switch feet.	* Try closing your eyes while doing the Penguin Waddle. * Place a ball or cushion between your knees and squeeze your knees together to hold it. Walk slowly around the room on your heels (without dropping the ball).	* Standing tall and straight * Squeezing tummy muscles and buttocks to help you balance * Eyes focused on something still to help you balance



HIGH ENERGY STRENGTH EXERCISES

Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)
Lion Lunge	Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.	Step forward and then back again, without lungeing down. Focus on your balance and keeping your hips level.	Try walking lunges around the room.	* Bending both knees (to achieve right angles in both knees) * Hips facing straight ahead * Body upright (not bending forward) * Feet hip-width apart * Front knee behind the front toes. To achieve this: take a large step forward, and keep your weight balanced on both the front and back foot.



COOL DOWN

Movement	Seated modifications	Other modifications	Progressions	Watch points
Llama Stretch	Lift your left ankle and place it on top of your right knee. Gently lean forwards, keeping your back long and straight. Use your left hand to gently press your left knee down.	Do this stretch standing by taking a big step forward. Tuck your "tail" (bottom) down and bend your front knee slightly. Reach your hands to the sky.	While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom	* Bottom tucked down (like a naughty puppy) * Hips/pelvis facing straight forwards
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing the Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.	While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom	* Bottom tucked down (like a naughty puppy) * Hips/pelvis facing straight forwards
Wolf Tilt	Do the Wolf Tilt seated			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching