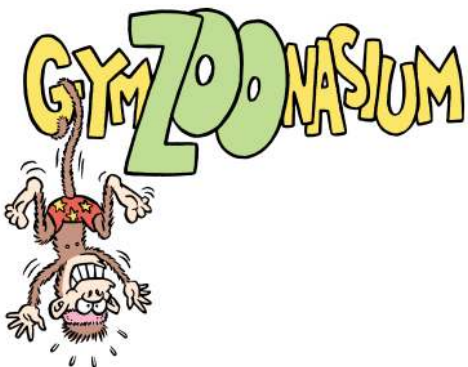
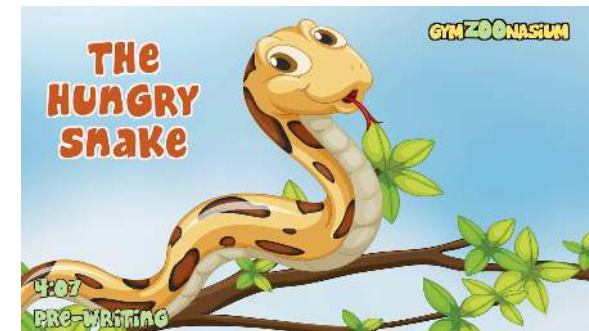




THE HUNGRY SNAKE

4m 07s



Join us on a journey of fine and gross motor movements, following the story of a hungry cobra ready for lunch.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cobra Lift	Place your hands behind your head, to keep it supported. Squeeze your tummy muscles and pull your shoulder blades down and back. Lean your head and shoulders back slightly and push your chest up towards the sky.	<u>Standing</u> : Stand facing a wall and place your hands on the wall. Squeeze your elbows into your sides. Press against the wall, pull your shoulder blades down and back, and push your chest out.	Do the Cobra Lift with your hands on the floor instead of your forearms. Only straighten your arms as feels comfortable for your back (don't force the backbend). Lower back down if you feel any pain or discomfort.	* Legs long * Neck relaxed * Shoulders pulled down and back * Elbows close to the body (not pointing outward) * Be gentle. Don't push yourself too high or force this backbend. Focus on pushing your chest forward, and allow the lift to come as a natural extension of your spine.
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Praying Mantis Plank	Put the palms of your hands together. Push them together strongly for as long as you can.	Do the Praying Mantis Plank... - On your knees (instead of toes) - With a ball under your tummy	Try lifting one foot slightly off the floor. Change legs each each 10 seconds.	* Body in a straight line (don't let your bottom drop down or lift up in the air) * Tummy muscles switched on * Shoulders down and neck relaxed
Spider Stretch	Do Spider Stretch in your chair	Do Spider Stretch with something smaller than your fist (try an eraser or pencil sharpener)	* Do Spider Stretch using various sized balls or soft toys as the 'prey' * Hold the Spider Stretch position for as long as you can	* 'Spider hand' arched high and wide (so it doesn't touch the fist)
Snail Spy	Do Snail Spy in your chair	Do Snail Spy with one hand at a time	Do Snail Spy with your eyes closed	* Do Snail Spy with your pointer fingers moving around on and in slime or jelly. Feel what it's like to be a slimy snail.