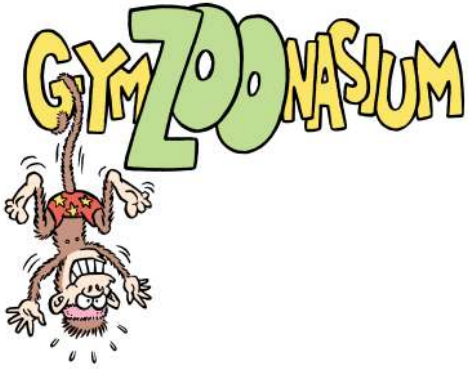




THERE IS AN ELEPHANT IN MY GARDEN PICKING FLOWERS



6m 12s

A garden-based session blending fun, creativity and imagination. This session incorporates coordination, motor planning, gross and fine motor skills, and a breathing exercise to foster breath awareness.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Elephant Trunk Swing	Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.		Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.	* Pelvis/hips still, and upper body twisting



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crayfish Claws	Do Crayfish Claws in your chair	* Do Crayfish Claws more slowly * Do Crayfish Claws without your other fingers curled in a ball * Do Crayfish Claws with one hand at a time	* Hide a tiny toy in your other fingers while you do Crayfish Claws * Do Crayfish Claws popping bubble wrap between your thumb and pointer finger	* Only pointer finger and thumb moving * The other three fingers curled into a ball
Elephant Balance	Point one arm up to the ceiling and the other arm down to the ground. Then switch to point them the other way. If you can, lift your opposite leg towards the arm that is pointed up.	Lift only one arm OR one leg at a time.	Try the Elephant Balance in a full push-up position (balancing on your hands and toes, with your back straight). Lift only one leg OR 1 arm at a time.	* Back and hips staying flat like a table
Bee Buzz	Do Bee Buzz in your chair		* Make your "buzzz" or "hmmm" sound last even longer, by letting the air out more slowly * After your breathe in, try holding your breath for 3 seconds before breathing out	* Sitting tall * Breathing in through your nose * Slow, controlled breath out



Movement	Seated modifications	Other modifications	Progressions	Watch points
Caterpillar Crawl	Stretch your body up towards the sky. Walk your hands in the air down to touch your toes, then back up.		Do the Caterpillar Crawl slower and with more control, or moving forwards around the room	* Straight back and legs * Hips level (not rocking side to side) * Abdominal muscles squeezed
Caterpillar Kisses	Do Caterpillar Kisses in your chair	* Do Caterpillar Kisses slowly * Do Caterpillar Kisses with one hand at a time	Do Caterpillar Kisses with both hands at the same time, but in the opposite direction (e.g. at the same time as your right thumb is 'kissed' by your right pointer, tall man, ring finger then pinkie; your left thumb is kissed by your left pinkie, ring finger, tall man and then pointer).	* Only one type of finger moving (for example, just the pointer fingers). The other fingers staying still. * Touch the very tip of the thumb and finger