

Totally Turtle

5m 30s

This session is categorised as: Learning (Science), Yoga, Calming, Small Space.



“This Session explores fun facts about turtles, coupled with a gentle yoga session. This session is appropriate for children in prep to year 6.”

Movement	Seated modifications	Other modifications	Progressions	Watch points
Pufferfish Puff	Do Pufferfish Puff in your chair	Do Pufferfish Puff lying down on your back: 1. Lie on your back, with your hands gently resting on your belly 2. Take a deep breath in through your nose. Breathe the air all the way down into your belly, to puff your belly up like a balloon. 3. Breathe the air back out from your belly and out through your mouth. (As you do this, let your belly lower back down).	Take longer, slower breaths	* Belly expanding as you breathe in, and deflating as you breathe out



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Turtle Swim	Do the turtle arms up in the air. Reach your arms up high. As you swim your arms down, squeeze your shoulder blades together to help keep your hands back as far as possible.	Keep both feet on the floor and just do Turtle Swim arms. Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply.	Try the Turtle Swim with your eyes closed (to challenge your balance).	* Back straight * Squeezing shoulder blades down and back * Keeping arms lifted as high as possible * Slow, controlled arm movement * Good balance (body and legs staying still)
Monkey Hug	Do Monkey Hug in your chair	Try Monkey Hug with one arm at a time	Try Monkey Hug while balancing on one foot	* Shoulders down and relaxed * Crossing arms across the body * Giving each arm a turn to be on top
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.