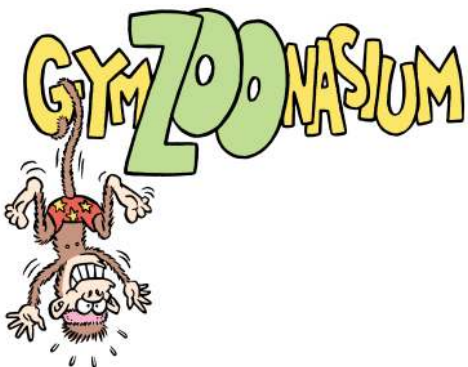




UP DOWN ALL AROUND

5 minutes

Did you know your spine can move in six different ways?
Animals move their spines too, just like us. Let's try a few of these fun moves now!



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
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
Monkey Twist	Move like the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body * Tummy muscles squeezed
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