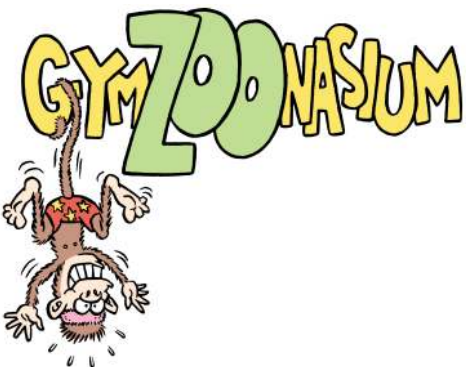




WEIRD AND WONDERFUL

4m 25s

Animals are unique. Each species looks, sounds and moves differently.
Let's explore some weird and wonderful animals, while learning that each of our unique differences also make us wonderful!



Movement	Seated modifications	Other modifications	Progressions	Watch points
Emu Explore	Wriggle forward in your chair. Lean forward with a straight back. Move one foot forward and do the Emu Explore in your chair.		Standing beside a wall or step: 1. Place your front foot upright against the wall or step 2. Straighten your front leg 3. Lean forwards to feel a stretch in your lower leg 4. Bend your front knee to feel the stretch lower down near your ankle	* Back knee bent
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Flamingo Balance	Sit on a wobbly cushion and balance with your eyes closed	Do the Flamingo Balance: - Focusing your eyes on something still in front of you, to help you balance - With the toes of your lifted foot touching the floor	Try the Flamingo Balance: With your foot up higher (on the thigh of the opposite leg) Balancing with your eyes closed Balancing on a wobbly surface Moving your lifted foot while keeping the rest of your body frozen still. pedal an imaginary bicycle one-legged or write your name in the air.	* Keeping your foot still on the floor and your body still * Hips level (not dropping down on one side) * Tummy muscles squeezed, to help balance
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
Armadillo Curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	* Legs straight * Shoulders down and back * Deep breaths (not holding your breath)