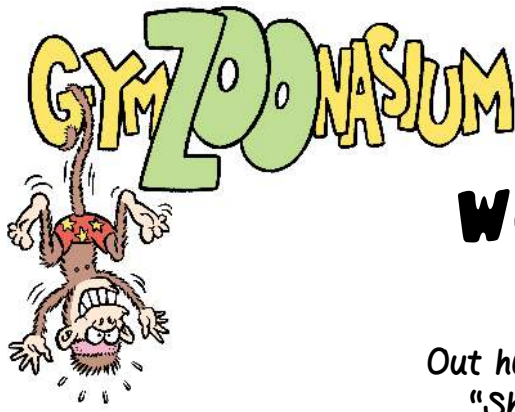




WOLF TILT

*Out hunting with my wolf pack
"Shh, what's that I hear?
It had better be my favourite food-
moose or elk or deer."*

PURPOSE

- Stretches neck
- Improves posture



INSTRUCTIONS

1. Sit or stand up tall
2. Clasp your hands together behind your back
3. Gently tilt your head towards your right shoulder
4. Hold for 5 deep breaths then switch sides



WATCH FOR

- Sitting or standing up tall
- Keeping shoulders level
- Slow, gentle stretching



MAKE IT MULTI-SENSORY

- Use your super sensitive wolf ears to focus on all the sounds you can hear around you...



FUN FACTS

- Wolves live in packs and they howl to communicate with each other
- Wolves can hear things up to 9.5 kilometres away!





FUN AND GAMES

Copy this picture, and complete the dot-to-dot below.

