



TURTLE SWIM

*Turtle uses her flippers
to dive down deep in the sea,
Then pops up to the surface
to breathe just like me!*

PURPOSE

- Strengthens arms and back
- Improves posture
- Calming. Doing the Turtle Swim while sitting encourages deep breathing.



INSTRUCTIONS

1. Lie on your tummy with your arms stretched out in front
2. Lift your arms off the floor
3. Move your arms back like you're swimming breaststroke, keeping them off the floor



WATCH FOR

- Head rested on the floor and neck relaxed
- Arms kept off the floor throughout the movement
- Squeezing shoulder blades down and back



MODIFICATIONS

- Seated or standing: Do the turtle arms up in the air. OR
- Seated or standing: Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply.

MORE CHALLENGING

Do the Turtle Swim with your head and chest lifted up off the floor.



MAKE IT MULTI-SENSORY

"Swish, swish". The turtle glides peacefully along the seabed. Which other sea animals can you see?

Hold a ribbon or streamers between your thumb and the base of your pointer finger. Imagine you're a turtle swimming gracefully along the ocean floor. Listen to the sound of the ribbon/streamer along the ocean floor.



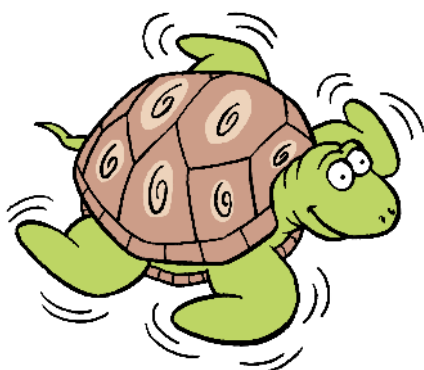
PROGRESS TRACKER

For how long can you do the Turtle Swim, without your arms or hands touching the floor?

Date	My personal best	My goal for next time



FUN FACTS



- Turtles can live for over 100 years. The oldest known turtle is 188 years old.
- A turtle shell contains over 50 bones, and provides a strong shield when being targeted by predators.
- Sea turtles usually glide through the ocean quite slowly, but can hit their 'rocket booster' to swim a blazing 35 km per hour.
- Turtles have been around for 215 million years, so would have lived alongside dinosaurs!
- Many turtles are endangered. We can help them by turning out lights near beaches; reducing the amount of garbage we produce; picking up litter; and reducing our use of chemicals (which wash into waterways).