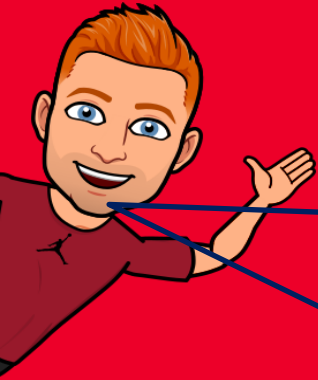


Home Learning Activities – Mindful Movement



Hi everyone! Hope you are all keeping well and staying active at home.

This week is all about Mindful Movement.

Find a calm, comfy space and enjoy!

Share your pictures and videos with us @LittleSportsCoaching

Finding a calm space:

- Start in a seated position. Cross legs. Hands rested ontop of thighs.
- Roll shoulders backward and forwards. Release any tension.
- Think about how does your body feel today?
- Think about your breathing.
- Do this for 3 or 4 minutes.



Side Stretch:

- Stay sitting down.
- Stretch your arms and body one side of your knees
- Stretch as far as you can. Hold the stretch for 10 seconds.
- Repeat 5 times for each side.

Home Learning Activities – Mindful Movement

Half Camel:

- Sit up on your knees
- Sweep back with your arms like in the picture.
- Hold for 10 seconds.
- Return to starting position.
- Repeat 10 times.



Thread the Needle:

- Start in a dog position (1st picture)
- Then lift one arm into the sky and twist your head looking up (2nd Picture)
- With that arm, bring it down towards the floor and thread it through the gap between your other arm and knee (3rd picture)
- Hold for 10 seconds.
- Repeat 5 times with each arm.