

Bird

From Mountain position stand on tiptoes (knees slightly bent). Turn arms behind you and commence flight! Hold for 8 seconds or as students are able.



Rag Doll

With knees slightly bent, bend slowly towards the ground. Participants do not need to touch the ground, anywhere on the leg is fine. Just hang and relax for 8-16 seconds.



Chair

Start from standing position with arms extended at sides, cross over body and go as close to a toe touch as comfortable. Come back up and cross. Do other side. Repeat 8 times.



Tree

From Mountain position lean slightly back with arms and fingers pointing behind you as shown. Hold about 4-8 seconds as you feel comfortable. Return to Mountain.

