
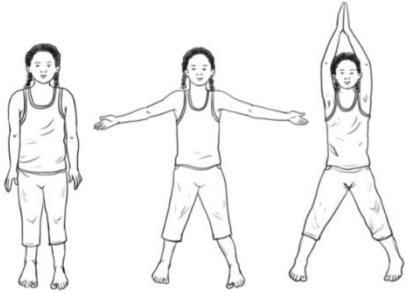
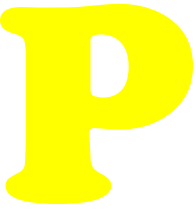





SPRING in Your Step

A resource for parents and teachers within the 'Spring' theme for learning, to encourage students to move more.

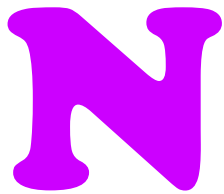
Let's get moving this Spring! Movement can support our students to maintain attention and concentration, regulate their energy levels and expand their toolkit of self-regulation strategies.

	<p>Star Jump</p> <p>Stand with your feet hip width apart and arms by your side. Jump by moving your legs to the side and stretching your arms out like a star fish. Jump back into starting position (legs centred and arms by your side).</p>	
	<p>Plank</p> <p>Lower your body to the ground. Push your elbows underneath your shoulders. Push up onto your elbows and clasp your hands together. Lift the whole body all the way to the toes. Your body should be in a straight line.</p>	
	<p>Run on the spot</p> <p>Run on the spot in seated or standing. Lift your knees up high one at a time and raise the opposite arm into the air. Lower your leg and arm together.</p>	



Inhale and Exhale

Focus on your breathing. Breathe in through your nose and out through your mouth. When you take a breath in, imagine smelling a beautiful Spring flower. When you breathe out, imagine you are blowing out your birthday candles. Spend a few moments repeating this.



Nest like a bird in Child's Pose

Kneel on the floor, touching your big toes together. Sit back on your heels, and separate your knees hip-width apart. Slowly bring your head down, and rest it on the floor in front of you. Relax and take a few deep breaths here.



Grow up to reach the tall tree

Stand up tall with your feet hip width apart. Reach your two hands up above your head and stretch them up as far as they can go. Gently stretch up to try reach the tallest tree. Spend some time in nature and pick out the tallest tree.

