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TREE

Stand on one leg.
Bend the opposite
knee and place the
sole of this foot onto
your inner thigh.
Sway like a tree in the
breeze.



FROG

Come down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground and jump like a frog.

SEED

Sit back on your heels
and bring your
forehead down to the
ground. Keep your
arms straight and
place them outside
your legs.



BUTTERFLY

Sit up tall with a long spine as you draw your feet in as close to your body as you can.



FLOWER

Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs and pretend to be a flower in bloom.



TOADSTOOL

Bend your knees while squeezing your knees together. Keep the spine straight as you lift your arms over your head and clasp your hands together.



WATERING CAN

Bend at your hips, keeping your arms straight out in front of you. Sway side to side like a watering can delivering water to the garden.



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WORM

Lay flat on your stomach, squeezing your legs together and pointing your toes. Rest your arms on the ground.

