

WALL SQUAT

Find a clear space of wall to lean against.

Press your back against the wall and slide down the wall and bend your knees, your knees should be at a 90 degrees angle.

Hold that position for 30 seconds.

Where did you feel it in your body when we were in the squat position?

We are going to repeat the activity again, but this time we are going to focus on our thigh muscles.

How did your thigh muscles feel while holding that stretch?

Can we extend the time limit for 60 seconds next time? Then 90 seconds?

CORE MUSCLES

Sit down on the floor.

With your bottom on the floor, you are going to raise your legs into the air.

If you need, you can put your hands on the floor to support you.

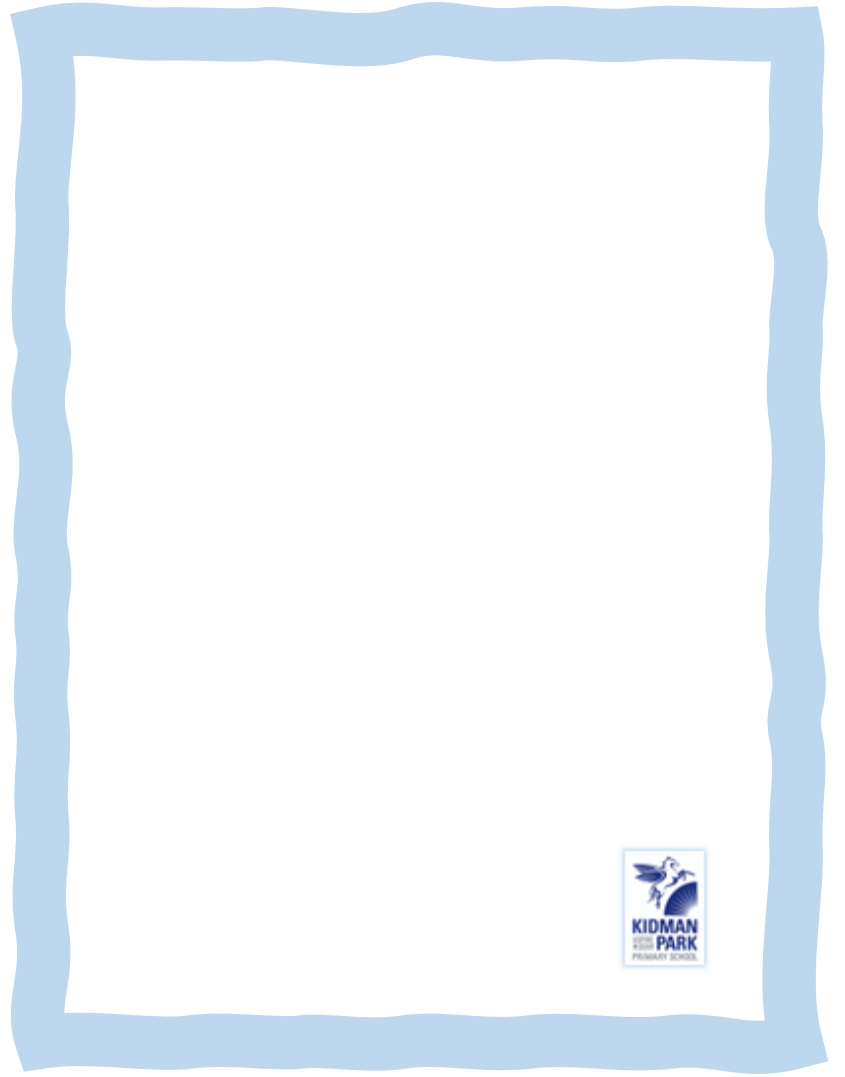
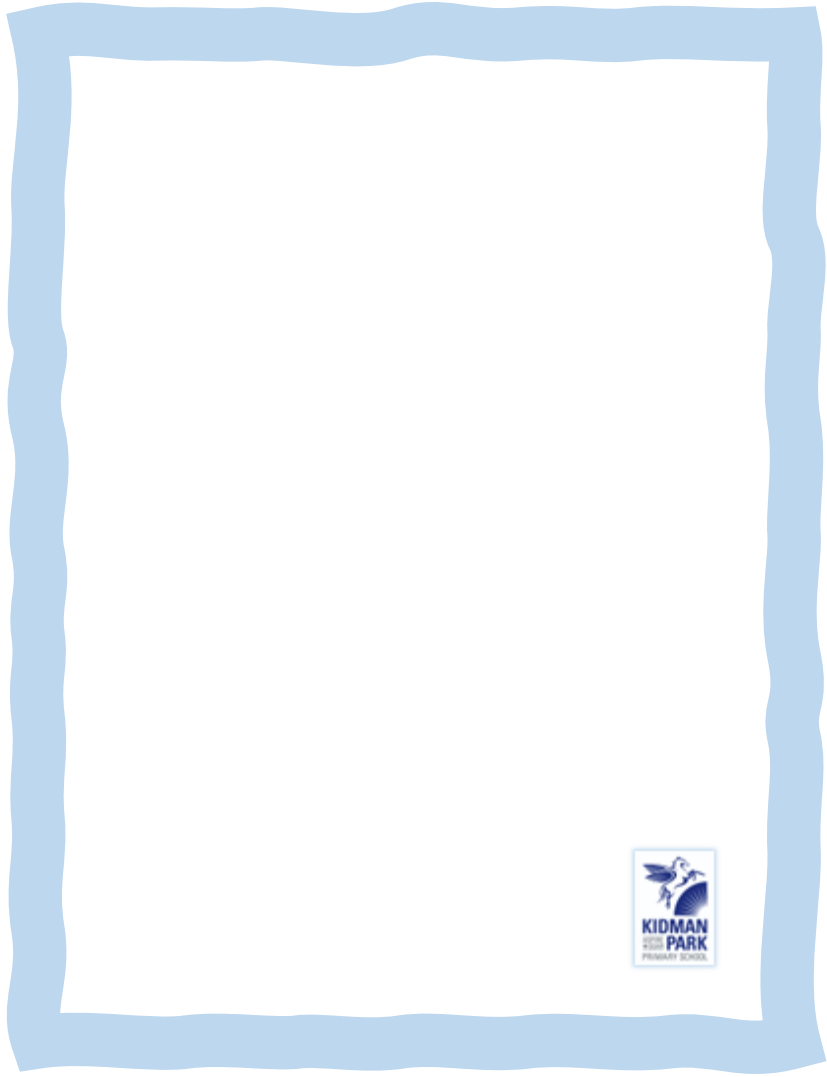
We are going to hold our legs in the air for 30 seconds.

Where did you feel it in your body when we had our legs in the air?

We are going to repeat the activity again, but this time we are going to focus on our core muscles.

How did your core muscles feel while holding that stretch?

What do we use our core muscles for?



CAT/COW STRETCH

Start on all fours. Your back should be flat like a tabletop.

Eyes should like straight down to the

Breathe in through your nose, drop your belly down and slowly lift the head/neck up.

When you exhale through your mouth, lift the belly and spine up so the back is arched like a cat.

Alternate 5 – 10 cow to cat stretches.

Where did you feel it in your body when we were stretching?

We are going to repeat the activity again, but this time we are going to focus on our back muscles.

How did your back muscles feel while completing that stretch?

KNEE TO CHEST STRETCH

Lie on your back.

Pull one knee into your chest, while keeping the other leg straight and your lower back pressed into the floor.

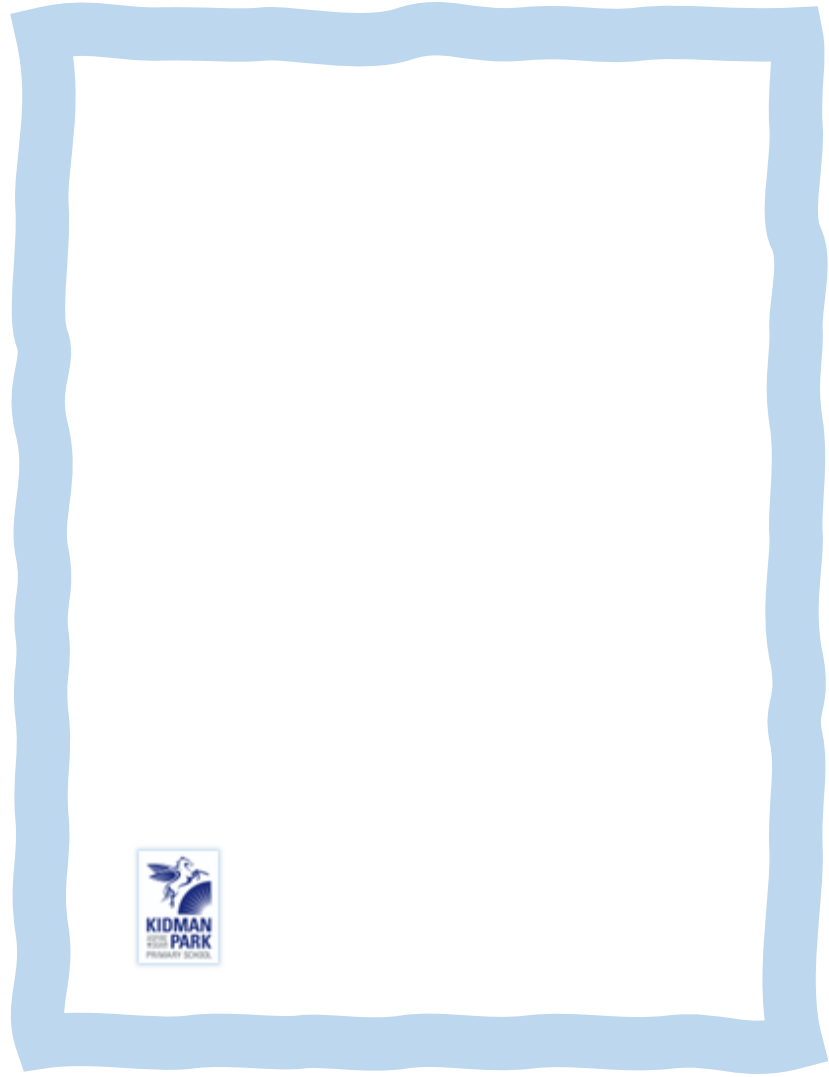
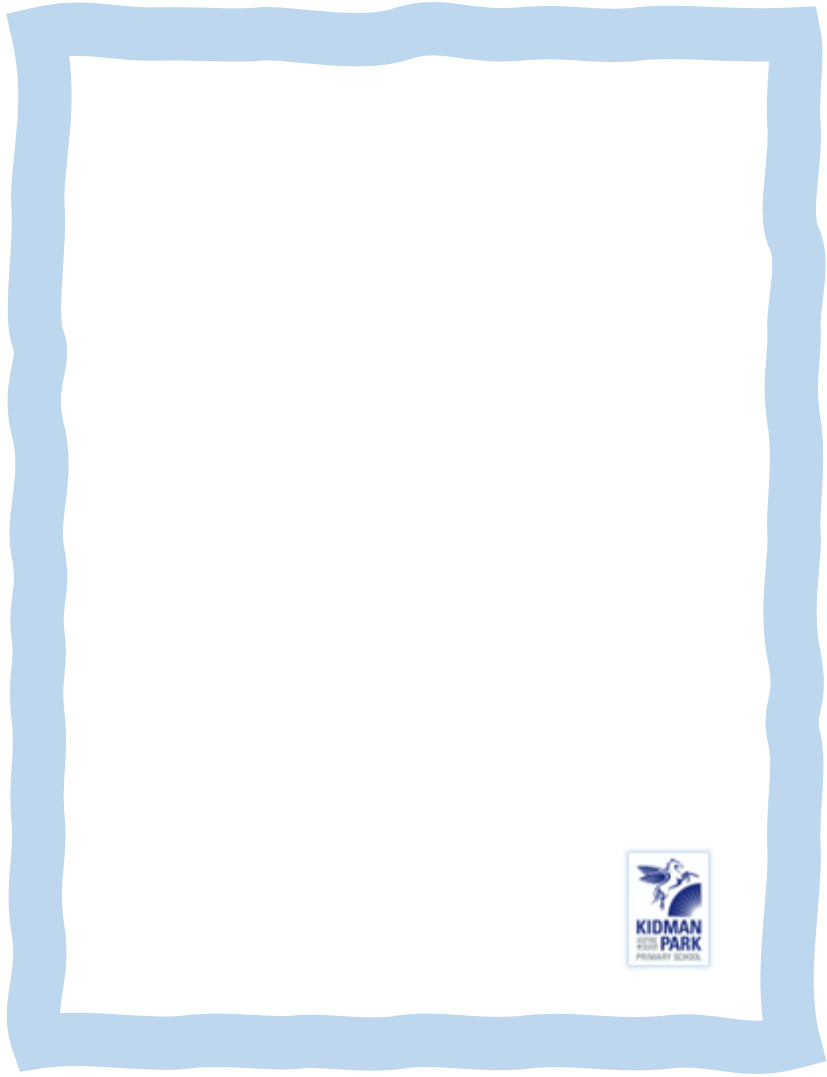
Hold for 30 seconds.

Swap legs.

Where did you feel it in your body when we were completing the stretch?

We are going to repeat the activity again, but this time we are going to focus on our hamstring muscles.

How did your hamstring muscles feel while completing that stretch?



SHOULDER STRENGTH

Start by interlocking your hands
outwards.

Lift your arms up while holding the
books in your hand.

Hold this pose for 30 seconds.

*Where did you feel it in your body
when we were stretching?*

We are going to repeat the activity
again, but this time we are going to
focus on our shoulders.

*How did your shoulders feel while
completing that stretch?*

BUTTERFLY WINGS

In a seated position, place the soles of
your feet together and hold them with
your hands.

The legs are now forming the 'butterfly
wings':

Your elbows can be between your legs
or resting on your knees.

Gently press the knees down to
increase the stretch.

To add a spine stretch, bend forward
from the upper back and reach forward
towards your feet.

*Where did you feel it in your body
when we pushed down on our knees?*

We are going to repeat the activity
again, but this time we are going to
focus on our inner thigh muscles.

*How did your inner thigh muscles feel
while holding that stretch?*



SURFING STRETCH

Start by standing up.
Put your left leg forward and your right foot
back and squat slightly.

Lift your arms out and hold them out
straight to your sides.

Hold this pose for 30 seconds.
*Where did you feel it in your body when we
were in this squat position?*

We are going to repeat the activity again,
but this time we are going to focus on our
thigh muscles.

*How did your thigh muscles feel while
holding that stretch?*

THE KNUCKLE CRACKER

Start by standing up.

Put your hands out in front of you and
lock your fingers together.

Push your hands out and flip your
hands over.

Hold this pose for 30 seconds.

Where did you feel it in your body?

We are going to repeat the activity
again, but this time we are going to
focus on our knuckles.

*How did your knuckles feel while
holding that stretch?*



THE STAR

Stand tall, head up high and pull your belly button in.

Spread your arms and legs into a star shape.

Breathe air in through your nose as you slowly stretch one arm over your head.

Slide your other arm down your leg. Slowly tilt your star to the other side and breathe out through your mouth. Repeat both sides.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our shoulders.

How did your upper arm muscles feel while holding that stretch?

THE PLANK

Start by lying flat on your stomach. Plant your hands under your shoulders.

Ground your toes into the floor. Hold the body in that position for 30 seconds.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our core muscles.

How did your core muscles feel while holding that stretch?



THE FLOSS

Start by standing up with your hands by your side.

Place both hands to the left side of your body.

Swing your left hand behind your back and your right in front of you. Swing them back out and across your body.

Swing your right hand behind your body and your left in front of you. Repeat this movement for 30 seconds.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our arms.

How did your arm muscles feel while moving?

GIRAFFE STRECH

Find your own space in the room and stand up tall.

Put both arms up and reach up as far as you can.

Pretend you are a giraffe, stretching your long neck up to the sky.

Keep holding the stretch for 30 seconds.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our arm muscles.

How did your arm muscles feel while stretching?



MEERKAT LOOK-OUT

For this activity you can either stand up or sit in a chair.
First, slowly tilt your head side to side 3 times.

Tilt it to one side of your body and then slowly tilt it to the other side of your body.

Now we are going to turn out head from side to side 3 times.

Slowly turn your head to the left, then back to the middle, then turn your head to the right.

Repeat 3 times.

Where can you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our neck muscles.

What could you notice about your neck muscles?

ROCKING BUG

Find your own space in the room and sit on the floor.

Link your hands under your knees.

Lean backwards and rock forwards and backwards.

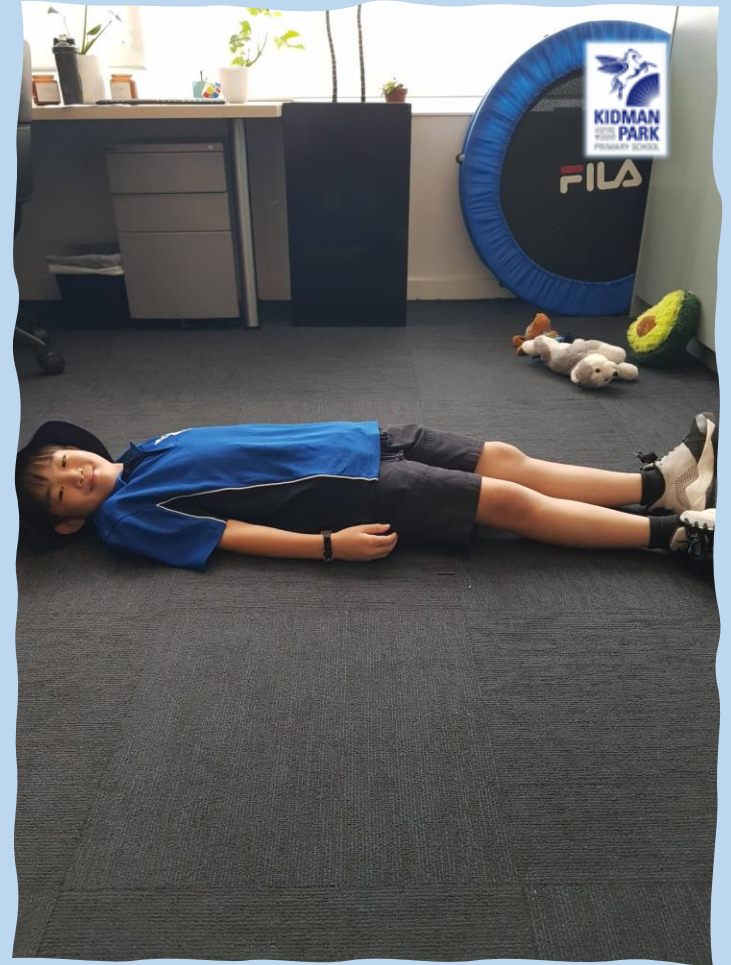
Keep gently rocking for 30 seconds.

Where did you feel your body touching the floor? Point to that part of your body.

We are going to repeat the activity again, but this time we are going to rock sideways.

Does it feel different?

Where did you notice it this time when we were rocking sideways?



MUSCLE FOCUS

ROW, ROW, ROW YOUR BOAT

Find a partner and sit on the ground facing your partner.

Start singing the lyrics to the don with your partner to row, row, row your boat

Row, row, row your boat

gently down the stream,

Merrily, merrily, merrily, merrily

Life is but a dream

As you are singing the song, put your hands up against your partners hand, have your knees slightly bent.

Push your hands against your partners as you rock backwards and forwards in a 'rowing motion'.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our wrists.

How did your wrists feel while moving?

Start by laying down on the floor with your hands by your side.

Focus on tensing and relaxing each muscle group for 2 to 3 seconds, all while maintaining deep, slow breaths through your nose and out through your mouth.

- Start with your feet and toes. Tense then relax.

- Move up to your knees and thighs. Tense then relax.

- Move up to your stomach. Tense then relax.

- Focus on clenching your hands. Tense then relax.

- Move up to your arms. Tense then relax.

- Move up to your shoulders. Tense then relax.

- Move up to your face. Tense then relax.

We are going to repeat the activity again, but this time we are going to focus on our breathing in through our nose and out through our mouth.

What did you notice in your body after focusing on your breathing?



EMPEROR PENGUIN BREATHING

Start by laying down on the floor or sitting on a chair.

Place your hands on your belly. Breathe in through your nose for a long breath.

Then a long breath out of your mouth.

When we breathe in our belly expands like the belly of an Emperor Penguin!

We are going to repeat the activity

again, but this time we are going to focus on our belly expanding in and out.

What change did you notice in your body after focusing on your breathing?

RAINBOW BREATHING

Start by standing up with your hands by your sides.

Take a deep breath in through your nose, as you do raise your arms up over your head making a rainbow

shape.

When you breathe out through your mouth, move your arms back down to your side.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our breathing in through our nose and out through our mouth.

What change did you notice in your body after focusing on your breathing?



BALLOON BREATHING

Start by sitting cross-legged on the floor or sitting on a chair.

Start by cupping your hands around your mouth.

Take a deep breath in through your nose and slowly start to blow out through your mouth.

With your hands, extend them out as if you were blowing up a balloon.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our breathing in through our nose and out through our mouth.

What change did you notice in your body after focusing on your breathing?

BACK TO BACK BREATHING

Find a partner and sit on the floor back to back.

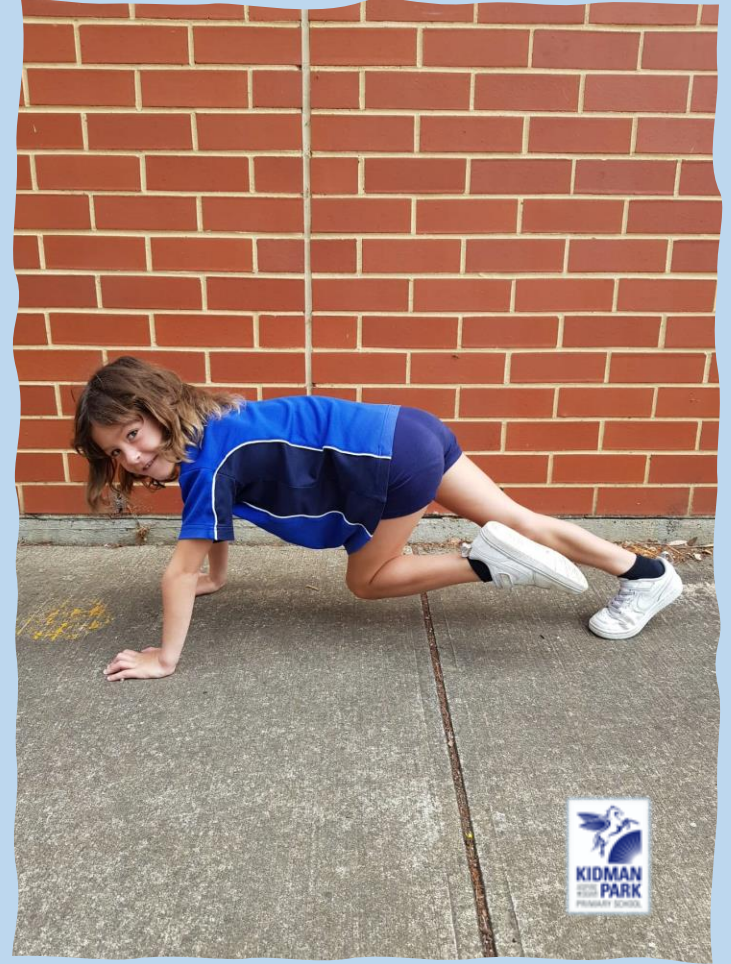
Sit up tall and close your eyes if needed.

Start to breathe in through your nose and out through your mouth.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on our syncing our breath with our partner by feeling the movement in your partners back.

What change did you notice in your body after focusing on your breathing?



10 STEPS BREATHING

Find a space in the room and stand tall.

Take a deep breath in through your nose and out through your mouth.

Once you have done this, take 1 big step forward.

Repeat 10 times.

Where did you feel it in your body?

We are going to repeat the activity again, but this time we are going to focus on breathing in through our nose and out through your mouth.

What change did you notice in your body after focusing on your breathing?

MOUNTAIN CLIMBERS

In a standing or sitting position find your pulse on your neck or wrist. Record your pulse for 1 minute.

Start in a plank position. Pull your knee into your chest, while staying in the plank position.

Continue to switch knees. Pull the knees in right, left, right, so it creates a 'running' motion.

Complete the mountain climbing for 1 minute.

Stand up and find your pulse on your neck or wrist. Record your pulse for 1 minute.

What did you notice about your pulse after completing the mountain climbing activity compared to your pulse before the activity?



FROG SQUAT JUMP

In a standing or sitting position find your pulse on your neck or wrist. Record your pulse for 1 minute.

Stand tall with your feet a little wider than hip width and your feet slightly turned out.

Squat down into a frog position and place your hands on the ground between your legs.

Spring off your bent legs, throwing your arms into the air.

Repeat this squat and jump for 30 seconds.

Stand up and find your pulse on your neck or wrist. Record your pulse for 1 minute.

What did you notice about your pulse after completing the frog squat jump activity? compared to your pulse before the activity?

STAR JUMPS

In a standing or sitting position find your pulse on your neck or wrist. Record your pulse for 1 minute.

Stand with your feet together, knees slightly bent and arms at your side.

Jump while raising your arms and separating legs to sides.

Land on forefoot with legs apart and arms overhead.

Complete the Jumping Jacks for 30 seconds.

Stand up and find your pulse on your neck or wrist. Record your pulse for 1 minute.

What did you notice about your pulse after completing the Jumping Jacks compared to your pulse before the activity?



REHYDRATION

Use this urine colour chart to give yourself an idea of whether you are drinking enough water or if you are dehydrated.



Extremely Dehydrated
Drink a large bottle of water.



Dehydrated
Drink 2-3 glasses of water.



Mildly Dehydrated
Drink a large glass of water.



Hydrated
You are drinking enough.
Keep drinking at the same time.

HYDRATION

Discuss with students 'how do they know when they are thirsty, what are the body signals?'

These signals could include

- Dry mouth
- Fatigue
- Headache
- Dizziness

Discuss with students that our urine is a very important way that our body shows our hydration levels.

Ask the students:

- What do you think the colour of urine should be?
- What do you think urine should smell like?

When you are hydrated your urine should be clear and have no smell.

Show students the visual hydration chart (on the next page) and discuss that we need to ensure that when we are dehydrated we hydrate by drinking water.

TRIANGLE BREATHING

Start at the bottom left of your triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breathe for three counts as you trace the second side of your triangle

Breathe out for three counts as you trace the final side of your triangle.

You have just completed one deep breathe.

Now lets try that ... more times

INTEROCEPTION

What is an interoception activity?

An interoceptive activity focuses on creating and noticing a change of one's internal self, such as **muscular system, breathing, temperature, pulse or touch.**

Interoception activities teach us to connect with these.

Benefits of teaching Interoception

To help children/students connect to and learn to understand their own bodies and emotions.

It is a vital skill for self-management and self-regulation. It provides students with the tools to know when they are developing emotional reactions and the skills to be in control of those reactions.

Without interoception, social skills are just the application of rules and not a meaningful way of interacting – it enables students to develop a sense of belonging.

Classrooms where interoception is being taught have decreasing behavioural challenges over the school year and those where it is not have static or increasing behavioural challenges.

INTERCEPTION

When to implement interception
activities?

Two to three short sessions a day,
each session covering one or two
interception activities.

Activities are done twice.

After the first time students are asked
where they felt the difference or what
they felt.

They are then guided where/what to
feel and asked to focus on that for the
second time the activity is done.

Sessions are most beneficial after
breaks, so 2/3 of first thing in the
morning, after recess, after lunch.

THE VOLCANO IN MY TUMMY

This technique should be taught when children and young people are calm and prompted when they are becoming angry.

If children and young people use the technique independently, it is helpful to compliment them for managing their anger positively.

The technique essentially consists of two parts; a story/visual and a breathing exercise.



When my volcano erupts
my arms and legs go
everywhere and my voice
gets really loud. It is really
dangerous just like a real
volcano!

When I feel like I have a
volcano in my tummy, I
am going to try and
breathe it out so the
angry bits just go gently
out of me.

