PT Activity of the Week- Winter Animals

1) Penguin Waddle- Put a ball, or balloon or pillow between your legs and see how far you can waddle with it before it falls out.

2) Polar Bear Song-
Polar bear, polar bear, turn around.
Polar bear, polar bear, touch the ground.
Polar bear, polar bear, touch your nose,
Polar bear, polar bear, touch your toes.

3) Bear Breath- Start out sitting on the floor with your legs crossed. Slowly bring your knees up toward your stomach and try to hold your feet with your hands, then lean back if you can while holding your feet. Take a deep breath and then let it out, repeat several times. If you can not balance well with your feet held, then stay in the original position and focus on the breathing in and out with your legs crossed.