



My Adventure Pathway For Tatty Bumpkin Fun at Home

Green Pathway Week 5

Today in my Tatty Bumpkin yoga class I went on an adventure with Tatty Bumpkin to visit

'The Mountain Bears'

We stretched, balanced, explored - returning to relax at Wobble Farm, remembering all that we had done.

The pose for this week was 'Bear'



Description. Stand up with your legs a little apart (about hip width). Bend forward and grasp hold of the back of your legs with both hands just below your knees. Walk forwards like a big bear trying to keep your knees straight. Remember to keep hold of your legs with your hands. After a few steps straighten up, to stretch out your back, then walk on as a grumpy bear making growling sounds!

Note to parents. Younger children might find it hard to hold the back of their legs, so encourage them to walk as a bear by bending forwards and putting their hands on their knees. Encourage younger children to growl as bears to develop their speech sounds.

Would you like to make it harder? See if you can walk backwards or sideways as a bear. To make the pose even harder place your hands under your toes and then walk forwards – be careful this is very hard, but great for the tummy muscles!

Why Bear Pose is 'Good for Me'?

Bear pose gives your child the opportunity to stretch out the muscles at the back of their legs i.e. their hamstring and calf muscles. Generally these muscles are prone to tightness as they are kept in a shortened position whilst we are sitting – if your child is having a growth spurt they might be more prone to tightness.

Bear pose will also progress your child's:

- **Core stability** - Bear pose activates both tummy muscles and the hip muscles.
- **Proprioception (body awareness)** - Bear pose offers your child a great opportunity to increase their understanding of their body shape.
- **Balance skills** - To walk in bear pose your child has to shift their weight further over to each side as they move from one leg to the other, this will challenge their balance.

Love Tatty Bumpkin x

This activity sheet is to be used in conjunction with Tatty Bumpkin class attendance on the advice of a qualified Tatty Bumpkin teacher. Never force movements with your child and make sure they are enjoying themselves. Tatty Bumpkin Ltd takes no responsibility for injury caused through actions taken as a result of using this advice sheet. Copyright © 2015 Tatty Bumpkin Ltd.

