

tatty bumpkin®

The bendy, giggly world for strong bodies and clever minds...



My Adventure Pathway for Tatty Bumpkin Fun at Home

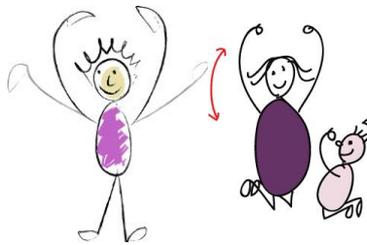
Green Pathway Week 3

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

'Mars!'

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

The pose for this week was **'SUN'**



Description. Start in sitting, kneeling or standing, and stretch your arms out to either side – see how wide you are! Now move your arms above your head so your palms are touching and look up at your hands – feel how tall you are! Slowly take your arms back down to your sides and look straight ahead. You have made a big sun shape with your arms with your head in the middle!

Note to parents. Your child is likely to find Sun pose easier to do in sitting compared to standing as sitting is a more stable position; they are closer to the floor and have more of their body on the floor. If your child is younger encourage them to start doing Sun pose in sitting so they can concentrate on stretching their arms out wide and above their head.

Would you like to make it harder? Encourage your child to take a big breath in as they raise their arms above their head and then to breathe all the way out as they lower their arms back down to their sides.

Why Sun Pose is 'Good for Me'?

Even young children can spend a great deal of time sitting and playing with objects and toys held in front of them, everyone loves investigating mobile phones and computers! In this playing position your child may tend to slump and hunch their shoulders. When your child does Sun pose they open their arms out wide, and expand their chest giving their chest, arm, shoulder & back muscles a really great stretch!

As your child moves their head to look up at their hands and then straight ahead they are stretching and strengthening their neck muscles and refining their postural skills i.e. keeping their body still whilst they move just their head. Your child will use this selective head and neck movement in the class room when they are looking up to the white board.

By doing big breaths with Sun pose your child will become more aware of their breathing and what it feels like to take deeper breaths. When they breathe in as they raise their arms above their head your child will be giving their chest muscles an even bigger stretch.

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.

