

Starfish

This activity helps you to improve balance, sequencing and control of movement of both sides of your body.

Notes for helpers:

For this activity try to show, not tell - allow them to experience this movement so they can discover for themselves how it is done.

Step 1. Starfish – same

Sit in a crossed leg position on the floor with knees bent upwards towards your body.

Lean back slightly so the base of your spine supports your body weight. Your back should remain as straight as possible from the base to your neck.

Cross your arms over your chest - **left arm on top of right**. Cross your legs at your shins - again **left leg over the right**.

Tuck your chin down onto your chest.

Open your arms and legs out simultaneously. Your arms and legs should straighten as much as possible.

Bring arms and legs back to the starting position with your left leg crossed over the right and left arm crossed over your right arm.

Repeat this opening and closing movement of your arms and legs until it is smooth and coordinated.

Repeat the movement, with starting with **left arm crossed over right and left leg crossed over right**, straightening arms and legs but returning them in so **right arm crosses over left and right leg crosses over left**. Continue to alternate between left arm and leg on top and right arm and leg on top.

Your goal is to straighten your arms and legs smoothly and return them with the correct arm and leg on top.

Notes for helpers:

When beginning this activity it is often too difficult to balance on the lower back while flinging arms and legs out and in. If so, begin **lying on the back on the floor, with arms crossed over the chest and legs bent upwards toward the torso and crossed.**

Starfish may also be done **sitting in a chair** when balance is difficult on the lower back.

Step 2. Starfish - not same

Sit in a crossed leg position on the floor with knees bent upwards towards your body.

Lean back slightly so the base of your spine supports your body weight. Your back should remain as straight as possible from the base to your neck.

Cross your arms over your chest - **left arm on top of right**. Cross your legs at your shins - but with **right leg over the left**.

Tuck your chin down onto your chest.

Open your arms and legs out simultaneously. Your arms and legs should straighten as much as possible.

Bring arms and legs back to the starting position with your left leg crossed over the right and right arm crossed over your left arm.

Continue this opening and closing movement of your arms and legs until it is smooth and coordinated.

Your goal is to straighten your arms and legs smoothly and return them with the correct arm and leg on top.

Step 3. Starfish - not same, swapping

Start in the not same position with **left** arm on top of right and **right** leg on top of left.

Open your arms and legs out simultaneously as fully as possible.

Organising Space - Introduction

Close arms and legs so the opposite arm and leg are on top - **right** arm on top of left and **left** leg on top of right.

Repeat this opening and closing of your arms and legs until it is smooth and coordinated.

Your goal is to straighten your arms and legs smoothly and return them with the correct arm and leg on top.