

**EASINGTON EARLY BIRDS
KS 1
COOL DOWN**

Slip into Something

| Prompt | No. of repetitions | Actions |
|---------------------------|---------------------------|--|
| Make movements continuous | 6 x | Circle arms high, while breathing in and out slowly |
| | | Raise one arm Touch back of neck, keep elbow high Raise arm again Lower arm Repeat with other arm |
| | | Push arm across the chest (pushing elephant) Pull arm back across the chest (pulling elephant by tail) Repeat with other arm |
| | | Keeping back straight, arms out to side, raise knee to chest and hold under knee Lower slowly Repeat with other knee |

