



## MOTOR BREAKS FOR WIGGLE WORMS

<b>Wall Push Ups</b>	Stand facing the wall, feet flat on floor. Place hands on wall at shoulder height. Bend elbows slightly to move closer to wall then straighten them to move away. This can be done using other body parts too (back, shoulders, feet, etc).
<b>Desk Push Ups</b>	Stand at your desk. Place palms flat on desktop. Keep elbows straight and lean over desk.
<b>Chair Push Ups</b>	Sit up tall in your chair, feet flat on floor. Place hands on either side of your chair and push down to lift your bottom of the seat. Count how long you can hold this and relax.
<b>Hand Push/Pull</b>	Palms together, elbows out. Push against your palms. Intertwine fingers, elbows out – gently pull to separate your finger.
<b>Set Sail</b>	Sit on the floor with pretzel legs, facing your partner. Hold hands and rock back and forth slowly (lean back and let your partner assist or pull you to sit up straight).
<b>Animal Walks</b>	Crab walk – sit on floor, hands on floor. Lift your bottom and move hands and feet to travel backwards like a crab Duck walk – squat close to floor hands at sides, elbows bent. Waddle like a duck.
<b>Reach for the Sky</b>	Reach your arms up over your head as high as you can. (Don't leave your seat!)
<b>Give Yourself a Hug</b>	Wrap hands around upper arms and squeeze tightly. Hold and count to 5 or 10.
<b>Shake off the Sillies</b>	Stand at your desk. Shake your body all at once or one named body part at a time (left arm, right leg, etc).
<b>Catch a Tiger by the Tail</b>	Grab left wrist with right hand. Reach arms up over your head. Gently pull left arm to the right (don't move elbow past your ear). Switch hands.