



Yoga #3 Butterfly pose

- Sit in an L shape with your legs out in front of you and your back up nice and straight
- Bend your knees and bring the soles of your feet together, letting your knees gently settle down on either side.
- You can hold onto your ankles and then let knees drop towards the ground. If this feels comfortable, you could try and flap the up and down like the wings of a butterfly.
- If it feels a tight you could put pillows under both of your knees to help make it more comfortable.
- Take a few breaths in and out while you are in this pose
- To come out of the pose, stretch your legs back out in front of you in the L Shape that you started with.

Benefits:

- Calms the mind
- Relieves stress
- Stretches the hips, groin and inner thighs
- Eases tension in the lower back

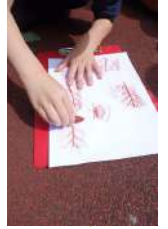


****It's OK to feel a gentle stretch, but if a yoga pose hurts, adjust or stop. If you are unsure whether yoga is suitable for your child, always check first with a health professional.****

Leaf rubbing

What you need:

- Wax crayons
- Paper
- Variety of leaves



Pressing flowers



Collect some different wildflowers (only if abundant and leave the rest for the insects!) Can you identify them? Place between 2 sheets of newspaper and lay inside a big heavy book. Leave for 10 days and then carefully remove. Use your pressed flowers for crafts e.g. book marks or cards

Did you know?

Wildflowers provide lots of things that insects need: food in the form of leaves, nectar and pollen, also shelter and places to breed. In return, insects pollinate the wildflowers, enabling them to develop seeds and spread to grow in other places.

Hapa zome/ Leaf bashing



What you need:

- hammer or smooth stone
- cotton fabric (old bed sheet works well)
- selection of leaves or flowers
- flat surface to work on

Fold your fabric in half and then open out again. Lay your leaves onto half of the fabric, fold over so they are covered and hammer over the leaves until the juice has transferred onto the cloth. Open out your fabric and brush off any plant fibres.

