

IMAGINE THAT! JELLY



Today's Jelly (class theme) is Imagine That! We're joined by fairies, dragons & unicorns to test our balance. You can read more about the current Jelly and download this page at www.pbjellyfish.com/jelly.

Today In *YOGA* Class I Practiced:



Anjaneyasana
Low Lunge



Parighasana
Gate



Vrksasana
Tree



Standing Side Bend



5-Pointed Star

Dragon Fire Breath – Lunging low like a dragon, I reach my Mohawk fingers up to the sky and let out a fiery breath with my tongue sticking out.

Wonder – We talked about finding wonderful and magical things all around us. If we stop to breathe and focus on the world in front of us we can watch some amazing things happen!

Books & Songs:

- *Old Macdonald Had a Dragon* By Ken Baker
- *Dragons Love Tacos* by Adam Rubin
- *Uni the Unicorn* by Amy Krouse Rosenthal
- *Unicorn Thinks He's Pretty Great* By Bob Shea

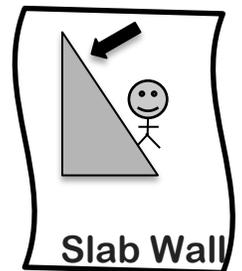
Today In *CLIMBING* Class I Practiced:

Slab– A slap wall slants back so it is like climbing up a hill.

Sloper Hold- A sloper is a hold that is rounded so that I can't fit my hand inside. It might look like a basketball or a mountain. Slippery sloper!

Flagging- When I need to keep my balance on the wall I can poke one foot out far and press it right against the wall. I don't even need to use a hold for my flagging foot.

Slacklining- I practiced balancing by looking a special spot in front of me as I walk on the wobbly tightrope.



Today In *Swimming* Class I Practiced:

Balanced Kicks- I can feel my center as I kick while hugging a ball.

Recover From a Sinking Float- I practiced finding my balance from many different positions in the pool. If my feet try to stand up during my back float I can get right back onto my back.

Swimming Arms (Freestyle)- Maintain a balanced body position during freestyle

Foam Hippo Surfing!!



*Since each class is catered to the students, not every class will go over every skill listed.