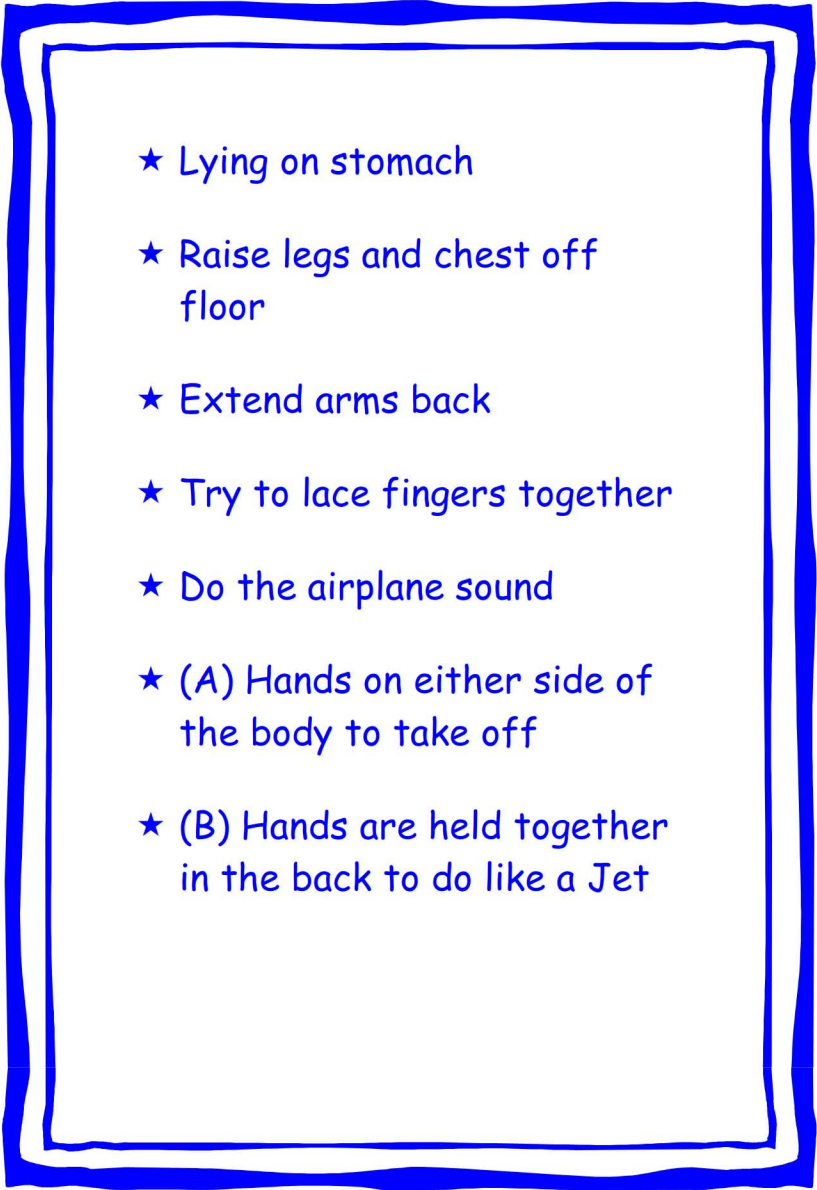


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TIMIGA

AIRPLANE



- 
- ★ Lying on stomach
 - ★ Raise legs and chest off floor
 - ★ Extend arms back
 - ★ Try to lace fingers together
 - ★ Do the airplane sound
 - ★ (A) Hands on either side of the body to take off
 - ★ (B) Hands are held together in the back to do like a Jet

BELUGA



★ Level of difficulty : high

★ Lying on back

★ Raise upper back off
floor with weight on
elbows

★ Head tilted back,
touching floor

★ Belly up up up!

BREAKING ICE FOR ICE FISHING



- ★ Standing
- ★ Stretch out arms in front
- ★ Place one hand on top of the other hand
- ★ Look at floor
- ★ When you hit the floor: ouuhaaaa!
- ★ When you go up breath in
- ★ When you go down breath out
- ★ Hold on tight to the ice-breaker
- ★ Possibility of making rapid up-and-down movement as if to break ice
- ★ Possibility of making a circle while making up-and-down movement

BRIDGE



- ★ Lying on back
- ★ Raise buttocks off floor until knees make a right angle
- ★ Use arms to raise upper back off floor until arms are in full extension
- ★ Look at ceiling

BUTTERFLY



- ★ Seated
- ★ Feet together
- ★ Bend legs, try to touch knees to floor
- ★ Bend arms, bring each hand inside the arm
- ★ Moving the legs like a flutter

CARIBOU



- ★ Standing
- ★ Extend arms in a "V"
- ★ Spread fingers apart
- ★ Small caribou
- ★ Big Caribou
- ★ Walking around the room

CHAIR



FLY



- ★ Bend knees at 90 degrees (or as low as possible)
- ★ Keep back straight
- ★ Keep hands in front, fingers together, pointing toward ceiling
- ★ 2 by 2
- ★ Face to face
- ★ Back to back

CRESCENT MOON



- ★ Squat with knees apart
- ★ Hands in front, touching floor
- ★ Raise buttocks above head level
- ★ Lean head forward
- ★ Do the buzzing sound
- ★ Do the position 2-3 times in a row

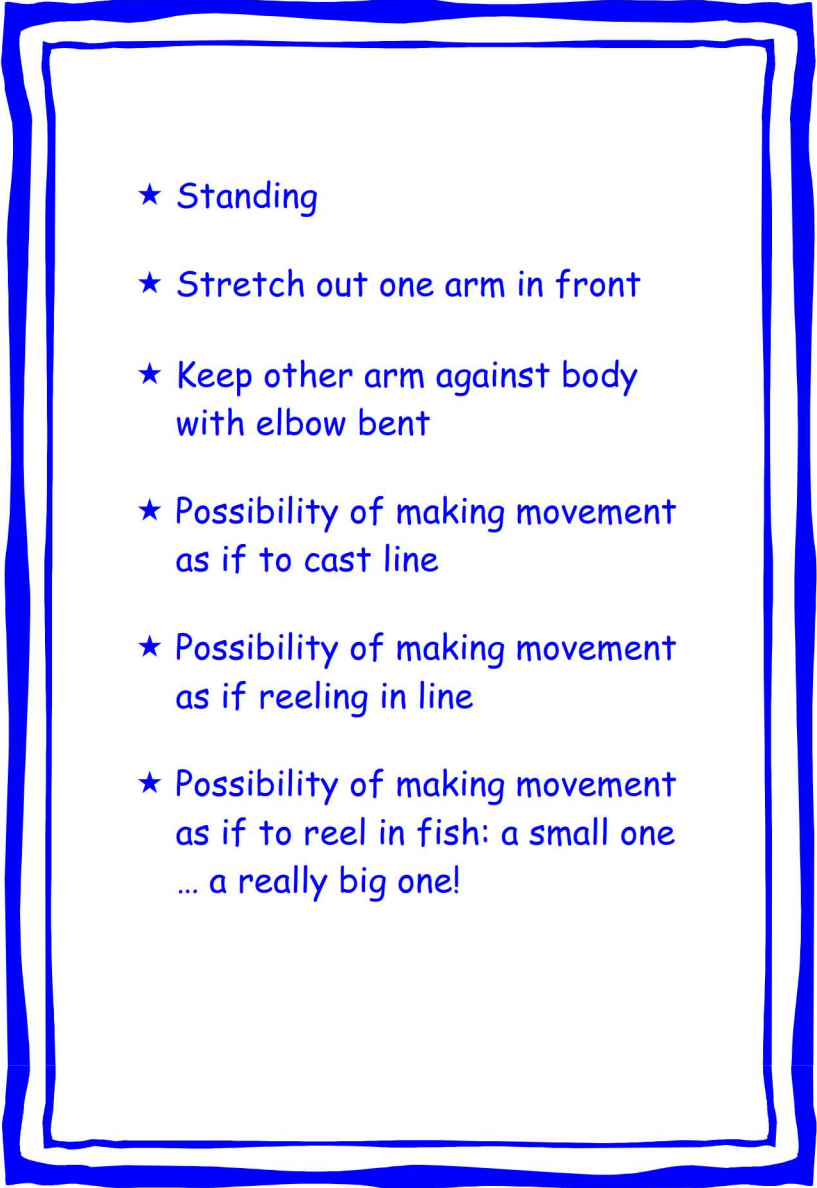
- ★ Knees bent
- ★ Curve back
- ★ Stretch arms out front
- ★ Create a half circle with body
- ★ Possibility of curving body to left or right
- ★ Can be done looking to the side or looking in front of you

FISHING



FOX



- 
- ★ Standing
 - ★ Stretch out one arm in front
 - ★ Keep other arm against body with elbow bent
 - ★ Possibility of making movement as if to cast line
 - ★ Possibility of making movement as if reeling in line
 - ★ Possibility of making movement as if to reel in fish: a small one ... a really big one!

- ★ On hands and knees
- ★ Chin touching chest
- ★ Back rounded
- ★ Raise one leg towards ceiling in the line with the spine
- ★ Raise head up
- ★ Point chin forward
- ★ Change legs

FROG



- ★ Legs wide apart, knees bent, buttocks nearly touching floor
- ★ Feet pointing to sides, heels on floor
- ★ Torso leaning slightly forward
- ★ Hands on floor, between feet
- ★ Keep back straight
- ★ You can jump around the room
- ★ Small frog with a small jump
- ★ Big frog with a big jump
- ★ Do the wrebbit sound

GOOSE



- ★ Standing
- ★ Go on tiptoes with torso leaning slightly forward
- ★ Stretch arms to rear, keeping them straight
- ★ Do the goose sound
- ★ Possibility to fly around the room

HELICOPTER



- 
- ★ Standing
 - ★ Raise both arms to shoulder height
 - ★ Lean torso forward
 - ★ Place one hand on floor while keeping other arm raised
 - ★ Do the helicopter sound
 - ★ Do rotations, alternate arms

HOLDING A BABY



- ★ Seated with legs apart
- ★ Raise one arm with elbow bent as if to cradle a baby's head
- ★ Use other arm for support, with elbow down

HUG



- ★ Sitting or standing position
- ★ Bend arms toward chest and touch each hand to opposite shoulder
- ★ Take a long and slow breath

HUG TO A FRIEND



MOUNTAIN



★ Standing

★ Bend arms toward chest
of the friend and close
the arms around the
torso

INUKSHUK



- 
- ★ Standing, legs apart
 - ★ Lean forward, touch hands to floor
 - ★ Buttocks pointing upward
 - ★ Chin touching chest

- ★ Standing with legs wide apart
- ★ Raise both arms to shoulder height
- ★ Put one leg forward with knee bent, keep other leg back and straight
- ★ Face in the direction of the forward leg
- ★ Keep arms at shoulder height
- ★ Static position
- ★ Changing leg with the wind

LEMMING



MUSK-OX



- ★ Kneeling with buttocks resting on heels
- ★ Lean torso forward
- ★ Touch forehead to floor
- ★ Place arms on either side of torso
- ★ Do the "quick, quick" sound
- ★ Pretend to reach for something to eat

- ★ On all fours
- ★ Round shoulders
- ★ Tuck chin into chest
- ★ Extend arms forward
and spread wide to take
up much room
- ★ Do the musk-ox sound
- ★ Can move round the
room

OWL



- ★ Standing
- ★ Keep body straight
- ★ Arms and hands keep near of the body
- ★ Heels together
- ★ Alternately balance on left and right foot
- ★ Possibility of moving around the room

- ★ Kneeling
- ★ Make goggles with hands and place hands over eyes
- ★ Turn torso from left to right and back, going as far as possible
- ★ Do the owl sound
- ★ Possibility of doing same movement but turning head instead of torso

PENGUIN



POLAR BEAR



- ★ Tuck chin into chest
- ★ Round shoulders and extend arms away from body
- ★ Spread legs wide apart to take as much room as possible = Be big : take space as much as you can!
- ★ You can do the growling sound
- ★ You can move around the room

PRAYER





- ★ Kneeling with buttocks resting on heels

- ★ Stretch torso upward

- ★ Hands together in front, with palms together

- ★ Close your eyes

- ★ Take a deep and slow breath

ROCK



- ★ Seated with legs stretched out in front
- ★ Bend torso forward to bring chest to knees
- ★ Arms on either side of torso
- ★ Lean torso as far forward as possible (depending on individual flexibility) and try to touch the forehead to the legs

ROWING / PADDLING



- 
- ★ Kneeling straight up
 - ★ Raise one arm diagonally and lower other arm diagonally
 - ★ Go far away to the front to bring the water to you
 - ★ Do the twist with the torso and abs
 - ★ Possibility of alternating arms
 - ★ Possibility of continually alternating arms

STAR



- ★ Legs spread with knees bent
- ★ Arms open wide
- ★ Fingers spread apart
- ★ Possibility of doing star movement while turning in place
- ★ Possibility of doing star movement while turning around an axis (balanced on one foot)
- ★ Make the stars shining with rotations of the hands
- ★ Could integrate a song

SUNRISE



- ★ Seated with legs stretched in front
- ★ Lean torso forward until head is touching front of legs
- ★ Keep arms on each leg
- ★ Slowly raise head and shoulders while pointing arms toward ceiling
- ★ At end of movement, spread arms

SUNSET



- ★ Seated with legs stretched in front
- ★ Raise head and shoulders while pointing arms toward ceiling with spread arms to either side
- ★ Arms go down slowly
- ★ Bend the back
- ★ Roll the shoulders forward
- ★ Lean torso forward until head is touching front of legs

SUPERMAN



- ★ Place one knee and both hands on floor
- ★ Raise other leg while keeping it straight
- ★ Alternate leg
- ★ Shout "Superman!!"
- ★ Possibility of raising one leg and opposite arm (alternate)

TREE



- ★ Standing
- ★ Raise one leg and place heel against opposite thigh
- ★ Place hands together with palms together
- ★ Maintain balanced position
- ★ Change leg
- ★ Take a deep and slow breath
- ★ You can do a Christmas tree

WALRUS/SEAL



- ★ Lying on stomach
- ★ Arms bent, hands in front supporting body
- ★ Raise chest by pushing hands off the floor
- ★ Do the sound of the walrus: aoup! aoup!
Or seal
- ★ Crawl on the floor by pulling the body only using hands

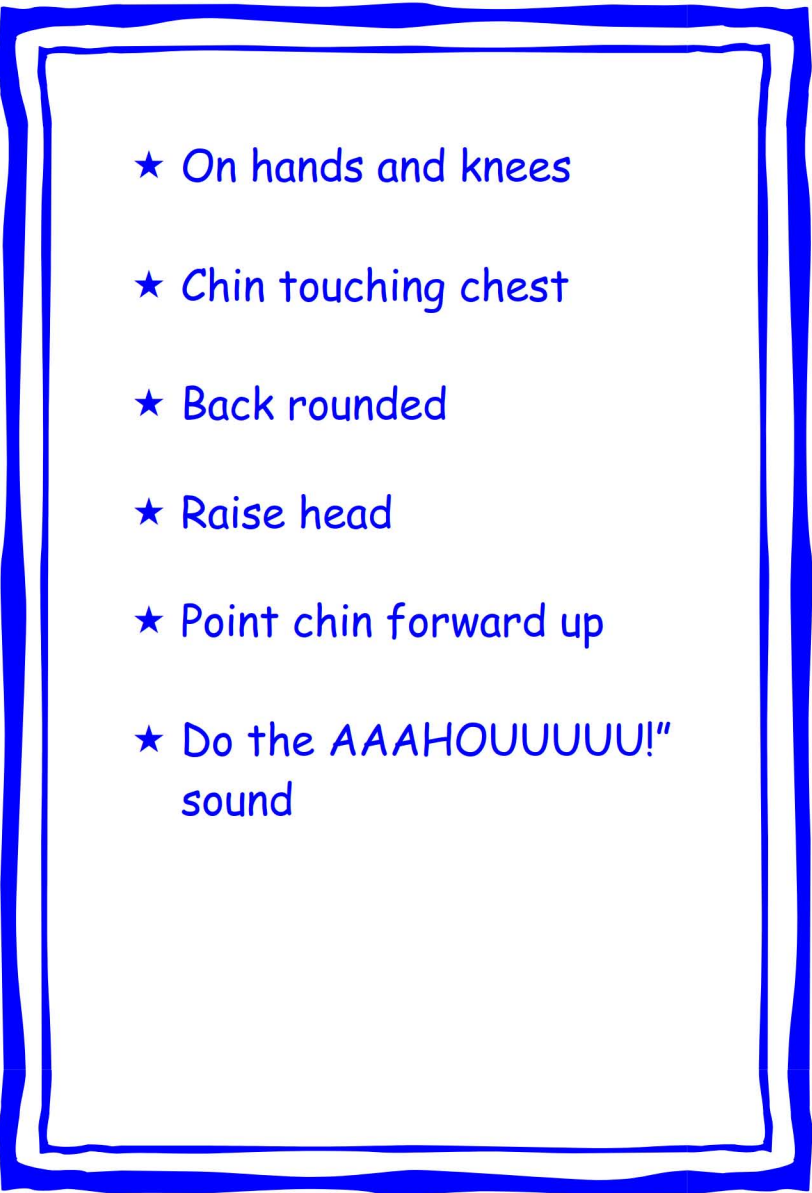
WATERFALL



- ★ Standing
- ★ Back straight with arms hanging down
- ★ Raise arms toward ceiling
- ★ Put one leg in the front and one leg back to better keep your balance
- ★ Arch back to rear while keeping arms raised upward

WOLF



- 
- ★ On hands and knees
 - ★ Chin touching chest
 - ★ Back rounded
 - ★ Raise head
 - ★ Point chin forward up
 - ★ Do the AAAHOUUUUU!"
sound