

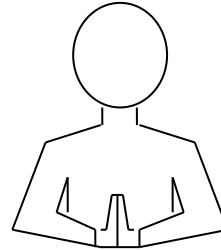
Isometric Exercises for the Classroom

The following exercises may be completed as a class or independently by individual students, with adult cues. These exercises offer deep pressure and heavy work to the joints and muscles, which can have a calming effect on the nervous system and facilitate improved focus. Incorporate deep breathing with each exercise (eg. Have kids count out loud and then do a big exhalation when the posture is released). This will engage the core muscles and provide a lot of input throughout the arms and hands to physically and mentally prepare for desk work.

Choose one of these and repeat it 3x:

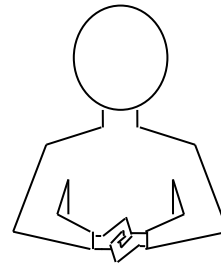
1. "Squish the bug" ~

Place palms together in front of chest with elbows bent and fingers pointed towards the ceiling. Press hands together firmly to the count of 5 to squish the bug inside your hands! Then open hands and blow the bug away.



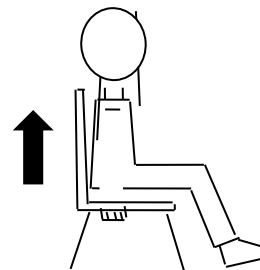
2. "Train pulls" ~

Bring hands together at chest level with elbows bent. Turn one hand towards the ceiling and the other towards the ground. Curl fingers and lock them together like 2 train carriages linking together. Pull arms apart with steady force for a count of 5 while keeping fingers in the locked position. Then release and breathe out.



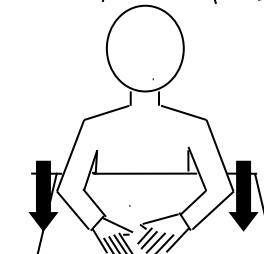
3. Chair push-ups ~

While seated in a classroom chair, grasp both sides of the chair and lift the body off the chair. Ensure students are using their arms to perform this lift without using their legs to assist. Complete one set of 3-5 push-ups. Hold body up for a count of 5.



4. Desk or wall push-ups ~

Place hands palm down on desktop while standing at desk. Do 10 push-ups, leaning body into the desk. OR, standing at the wall, position feet at arms-length from the wall and place palms against a wall at shoulder level. Do 10 push-ups, leaning body into the wall.



5. Shoulder shrugs ~

Shrug your shoulders, pull them up to your ears, hold for a count of 5, then let them drop with a sigh.