



A Rainbow Adventure with Sfida Session 6



Stretch It Out!

Sfida wants to get you performance ready, to do this she needs you to find a big space so that you can stretch out your muscles.

To do this she would like you to mimic her animal friends, copy the poses and count to 10.



I am an elephant.

Wide-legged standing forward bend



I am a crocodile.

Plank pose



I am a bear.

Downward-facing dog pose



I am a tiger.

Cat pose



I am a hippo.

Child's pose.

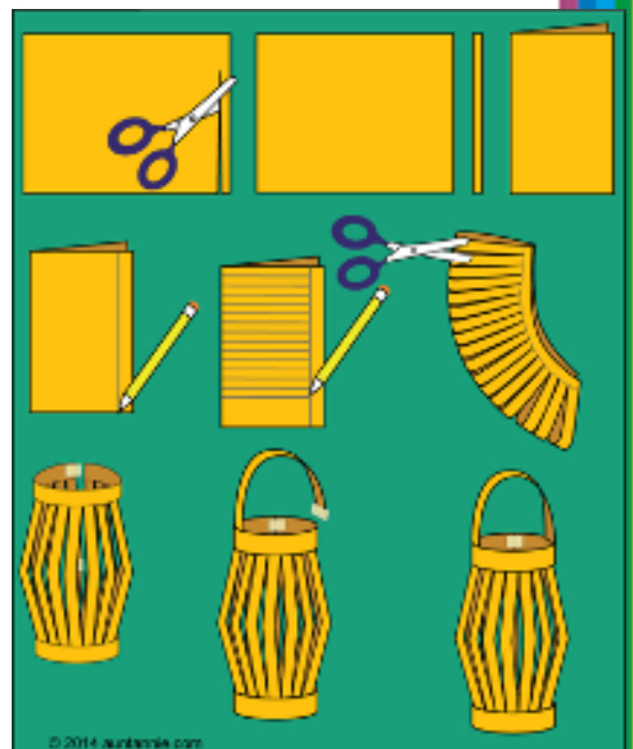
Lantern Lights

You will need:

- Coloured card (red and yellow if you have it but any colour will do)
- Pens/pencils
- Scissors

This Year Chinese New Year is February 12th, every year is associated with an animal and this year is the year of the Ox. Help Sfida Celebrate the holiday by creating your own Chinese lantern.

Once you've created your lantern try speaking a little Chinese... "Kung hei fat choi" which means congratulations and best wishes for a prosperous new year.



Post your work on Facebook so that we can let your leaders know you took part!