Student Reflection Sheet- Allison the Adventurer Egypt Lesson One

Follow this flow chart after you have watched and participated in the video.

START

1. Breath:

Take Three beach ball breaths

2. Tactile:

a) Put on your adventure outfit.

b) The rain is falling. Tap your shoulders like raindrops, then brush it off.

3. Core-Distal:

a) Get really small like Bugsy. Curl into your center.

b) Get big like Wahoo Wind. Reach from the center out.

4. Head-Tail:

Demonstrate how you can move like a wave through the pond.

5. Upper-Lower:

Swim through the pond with your arms only. Now get out of the pond and march, lunge and tiptoe through the forest to Smiley Tree.

6. Body-Side:

Demonstrate how Bugsy searches for Wahoo Wind. Use your thumb and move it up, down, to the side and to the other side.

7.Cross-Lateral:

Say the chant and pat your opposite knee with your opposite hand: "Wahoo Bugsy we're ready for flight, Take us to your magic site!

8. Vestibular:

Say: "Wahooo" and twirl around or roll on the floor to show how Wahoo Wind whisks you away!