



# Introduction to Pilates

## activity sheet

Every moment of our life can be the beginning of great things.  
Joseph Pilates

Pilates (or the Pilates method) is a series of about 500 exercises inspired by calisthenics, yoga and ballet. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.<sup>1</sup>

In this six-minute introduction into Pilates, instructor Lauren Willmot demonstrates the five poses listed below. Follow along with the video for instruction on how to do each pose.

### What you will need:

- A quiet space is essential as this will help calm down the mind after a long day
- A mat
- Water bottle
- Activewear or comfy clothes that can handle a bit of a stretch

### Poses:

- **Roll Downs:** great for stretching out your back, warming up your muscles and calming down the mind in preparation for the session.
- **Plank Pose:** this pose engages and tones all core muscles of the body. Planks increase muscle definition, heighten metabolism, improve balance, and will give you better posture.
- **Mountain Climbers:** this pose engages multiple muscle groups in your body including arms, back, shoulders, core, and legs. Mountain climbers are great for improving balance, coordination, strength, flexibility, and blood circulation.
- **Quadruped Opposite Arm-Leg Lifts (Bird Dog):** this pose helps to strengthen the muscles in your lower back, your bottom, and your arms. Opposite arm-leg lifts are great for people looking to help strengthen their lower body, reinforce proper spinal, and core alignment and to help avoid injuries.
- **Half-roll Back Pose:** this pose engages your core muscles while also teaching you to breathe evenly. Half-roll back poses help to create healthy movement of the spine and is great for strengthening your core muscles.

Reference:

1. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/pilates-and-yoga-health-benefits#pilates-explained>



## Pilates for Kids

### activity sheet

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This mindful activity is perfect for parents to get their children involved in some gentle exercise. Working to strengthen their bodies can increase children's self-esteem, stamina, abdominal strength, and sleep. That, combined with the focused breathing techniques essential to the exercises, can help kids attain a much more serene and less stressful outlook.<sup>2</sup>

#### What you will need:

- A quiet space is essential as this will help calm the mind and facilitate focus
- A mat
- Water bottle
- Activewear or comfy clothes that can handle a bit of a stretch

In this five-minute introduction into Pilates for Kids, instructor Lauren Willmot demonstrates seven poses as listed below. Follow along with the video for instruction on how to do each pose.

#### Poses:

1. **Bridge pose:** excellent for warming up your muscles and calming the body. This pose stretches the chest and spine as well as strengthening your back, legs and ankles. It is a great one to start with to prepare your body for more advanced poses.
2. **Dead bug:** this pose offers great benefits in strengthening and stabilising your core, spine, and back muscles. It improves your posture, balance, and coordination. It helps to increase focus for kids as it can be quite challenging on the mind.
3. **Rolling like a ball:** rolling exercises stimulate the spine and deeply work the abdominals. Additionally, it allows you to tune into the inner flow of movement and breath in the body.
4. **Cat cow:** this pose increases flexibility of the neck, shoulders, and spine. It also offers benefits such as improved posture and balance, as well as calming the mind and de-stressing.
5. **Downward dog into plank:** this flow between the two poses allows for a full body stretch. Plank engages your abdominal and upper body, whilst downward dog stretches your hamstrings and back.
6. **Cobra stretch:** this pose strengthens your spine, legs, buttocks, and shoulders. It stretches out the entire front of the body and opens the heart and lungs, facilitating a focus on the breath
7. **Child's pose:** this is the perfect pose to end your flow and relax your mind. It relieves stress and fatigue, whilst stretching your spine, hips, glutes and shoulder muscles.

#### References:

1. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/pilates-and-yoga-health-benefits#pilates-explained>
2. <https://www.pilates.com/pilates/library/articles/pilates-for-our-children>



## Bushwalking with Luke Carroll

### activity sheet

**Study nature, love nature, stay close to nature. It will never fail you. (Frank Lloyd Wright)**

Heading out into nature for a walk is a great activity for families looking to find a new way to relax after a long day of studying or working from home.

It's a wonderful way to take some time to connect with nature and appreciate the simple things.

We have enlisted the help of Aussie actor, Luke Carroll to share why he loves getting out into nature. Luke finds that the best part about going on a bushwalk is the calming sensation of feeling the breeze and hearing the cicadas which brightens his day and lifts his mood.

It's as simple as turning off the TV, putting away the smartphones, laptops and tablets and heading outside. It doesn't matter if you're walking around your local park or planning a bigger adventure in your local national park – getting outdoors is a great way to boost your mood and reset the whole family.

You should never leave the house unprepared, so make sure you've got the essentials ready to go:

1. **A first-aid kit.** Make sure you've got plenty of band-aids for any trips or falls.
2. **Water bottle.** Ensure everyone in the family has their own water bottle topped up before you leave the house.
3. **Hat and sunscreen.** Sun protection is incredibly important; you want to be avoiding sunburn at all costs!
4. **Sneakers or hiking boots.** Make sure you've got appropriate footwear on for bigger treks.
5. **Camera.** Capture pictures or videos of beautiful sunsets or wildlife you come across.
6. **Snacks.** This one is usually a given whenever leaving the house with kids!
7. **A magnifying glass.** There are many exciting things to look at in the great outdoors, cool bugs, wild mushrooms, or colourful flowers look even better with a closer view.

To find your nearest national park, you can check out the NSW National Parks and Wildlife Service website: <https://www.nationalparks.nsw.gov.au/visit-a-park>. It's as simple as typing your town or postcode into the website, which will bring up the options closest to your home. Just make sure you're adhering to any government restrictions on far you can travel!

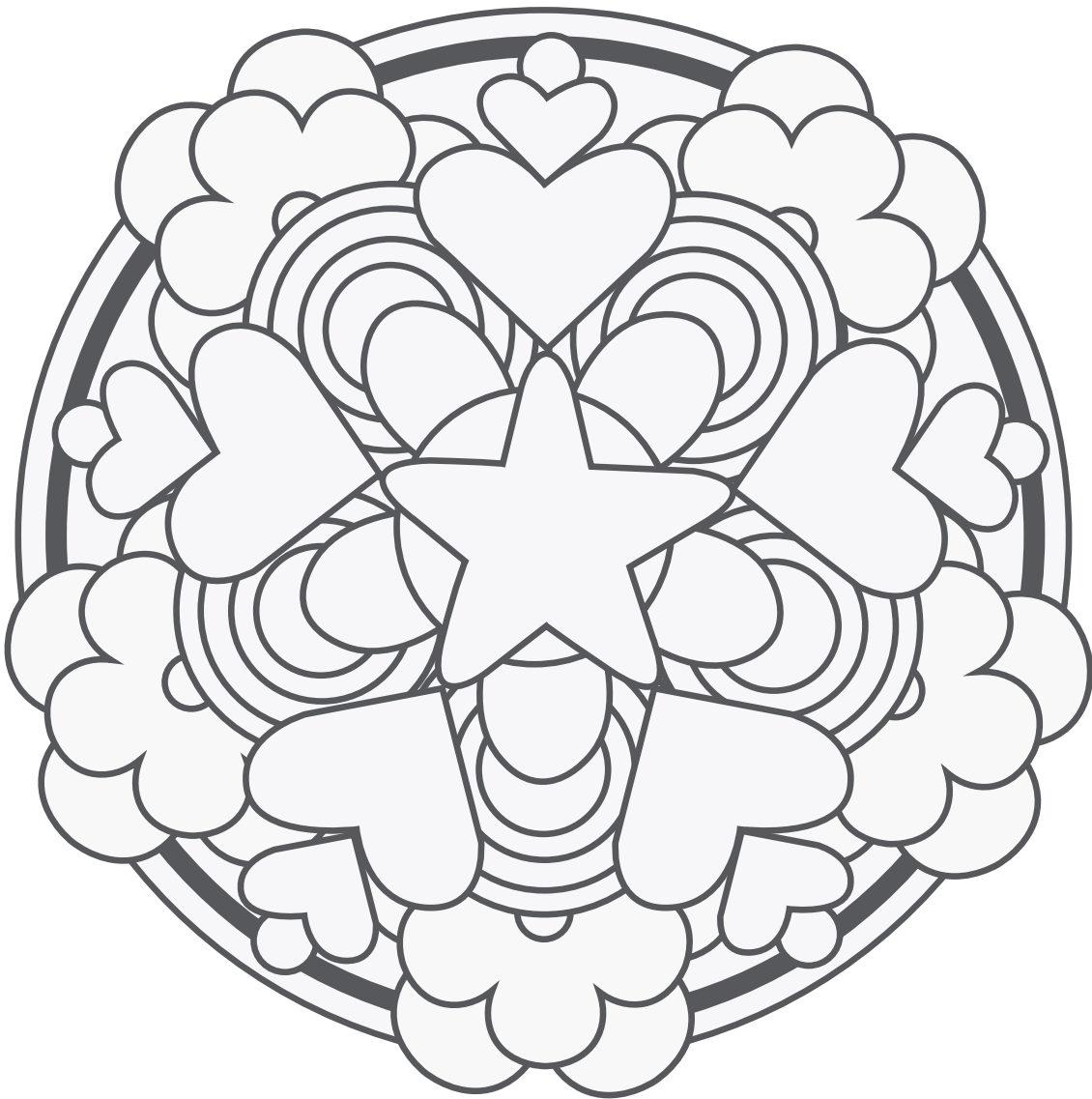
Whether you go for a wander after school or plan a bigger adventure on the weekends, bushwalking is also great for getting in some exercise and moving your body which will heighten everyone's endorphins and boost the whole household's mood.



## Meditation for Kids

Activity Sheet

Colour in this special meditation  
pattern and relax.



We'd ♥ to see your colouring in.  
Share them with us by tagging  
us in @familyprojectau

