



そうだんしつだより



# Counselor's Room Newsletter

とくべつごう  
特別号

## Special Edition

It has been a long time since everyone could play outside. Today I want to introduce some games that you can do indoors to move your body. If you are able to do these activities, when school begins, you will be able to sit up well at your desk, run faster, and have a calm and productive school life.

### Rolling Bowling

Things to prepare... futon, empty plastic bottles

- ① Line up the empty plastic bottles at one end of the futon. Lie down face-up at the opposite end of the futon. Stretch out both arms above your head to get ready.
- ② Roll sideways while aiming for the plastic bottles.
- ③ Keep rolling until you knock over the plastic bottles.

Adaptation: You can make it more challenging to knock over the plastic bottles by filling them with water to make them heavier. Deciding on a point system and making it competition can be fun too.

Caution: Be careful about bumping into any nearby objects.

### Towel Toe Grab

Things to prepare... Towel, chair

- ① Sit in the chair, and place the towel spread out just in front of where your toes can reach.
- ② Draw the towel closer to your feet by flexing your toes open and closed to pull it towards you.
- ③ You can also try it while sitting on the floor. It is easier to do if you sit with your stomach against your thighs.

Caution: Be sure to maintain a straight posture when doing this activity.

### Backwards Bottom Walk

- ① Sit on the floor and straighten your legs straight in front of you.
- ② Choose a goal, twist your lower back left and right, and try "walking" backwards with your bottom. The backs of your heel should be on the floor.

Point: You can progress smoothly by moving your arms and using your whole body.

When you get used to it, try things like timing yourself and having races with your family members. Try and take on the challenge.