



## **The Velveteen Rabbit – Warm Up Video 2**

### **Hopping and Bopping!**

Before beginning our 'Hopping and Bopping! Warm Up' video please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below. If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

### **SAFE PRACTICE**

#### **BEFORE YOU BEGIN – CHECK LIST**

#### ***Are you dancing safely?***

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

#### ***Are you injured?***

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

#### ***Is your space safe?***

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

#### **THINGS TO CHECK:**

***Are there any objects on the floor that you could stand on or trip over?***

***Are there any things in the space that you could break?***

#### ***Anything else?***

We suggest wearing comfortable clothing that you can move easily in and bare feet. Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

### **Have fun dancing!**



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### Exercise Breakdown with useful tips!

Our 'Hopping and Bopping! Warm Up' video will get you hopping and scurrying down holes like a rabbit. Don't worry about copying our movement exactly, instead think about how you can make your movements more rabbit-like. Scratch those ears and twitch those noses!

- Start in a crouched, rabbit-like position
- Dig up 8 carrots in front of you.  
Reach far in front of you and use your hole hand to grab the carrots
- Using our hands, walk our bodies out into a rabbit hole and back to our crouch position.  
Repeat twice.
- Scurry into our rabbit hole to lay on your side. Kick your rabbit legs.  
Repeat on the other side.  
Stretch all the way up and shake your rabbit tail.
- Grab an imaginary carrot in front of you, ready to learn our rabbit hopping dance...
- Kick one leg forward and one leg back, four times and then jump together.  
Repeat of the other side
- Big jumps to the side, like your jumping over a puddle underneath you,  
four times and then jump together. Repeat twice.
- Dig yourself back in to your rabbit hole
- Show your rabbit paws, place them on to the floor and rock forward onto them and repeat.
- Place your rabbit paws on the floor and do a rabbit hop with your legs and repeat.
- And now do the biggest rabbit hop you can do!
- End with your own, improvised rabbit hopping dance, have fun!

### Cool Down

After dancing we recommend that you give yourself time to cool down. You can either follow one of our cool down videos or do your own stretches.