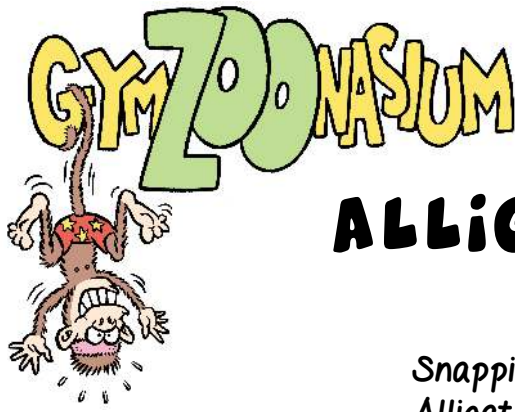




ALLIGATOR SNAP

*Snapping his jaws with a bang
Alligator shows us he's cross.
He'll grow 2000 teeth in his life
and show the tooth fairy who's boss!*



PURPOSE

- Strengthens abdominals, buttocks and legs
- Improves balance



INSTRUCTIONS

1. Lie on your side
2. Reach out your arms and legs, so you're as long as possible
3. Lift your top leg up in the air and then lower it back down (like the jaws of an alligator)



WATCH FOR

- Your body in a straight line (like a plank of wood)
- Tummy muscles and buttocks squeezed



MODIFICATIONS

- Do the Alligator Snap with your hands on the floor beside you, to help you balance.
- Standing: Stand in front of a sturdy wall, bench or chair in case you need help to balance. Slowly move one leg out to the side as far as you can (keeping your body tall and straight). Start with your arms by your side, and progress to arms straight up.
- Seated: Put your hands on the outside of each knee. Push outwards with your knees and inwards with your hands. Keep pushing while you count to 10.

MORE CHALLENGING

Try the Alligator Snap with:

- Your eyes closed
- Your bottom leg held up off the floor
- Your arms lifted up off the floor
- Your legs and arms both 'snapping' up and down together



MAKE IT MULTI-SENSORY

- While doing the Alligator Snap, use your top hand to draw in the air the other creatures who live alongside alligators.
- Close your eyes and imagine gliding through a muddy, murky river. What would you see...? What would you feel...? What would you hear...?
- Try the Alligator Snap with a resistance band or stretchy fabric loosely wrapped around your legs.



BALL SKILLS

Face a partner and start doing the Alligator Snap. Use your top hand to roll a ball back and forth with your partner.



FINE MOTOR SKILLS

While doing the Alligator Snap, use your hands to practice:

- Playing an imaginary piano on the floor: Place each finger down on the floor one at a time starting at your thumb and moving to your little finger and then lift them back up one at a time. Then repeat in reverse (starting at your little finger).



FUN FACTS

- Alligators can weigh over 450 kg
- Alligator eggs become male or female depending on the temperature - male in warmer temperatures and female in cooler temperatures.
- Alligators grow a new tooth whenever one wears down or falls out. They go through 2000-3000 teeth in their life!

