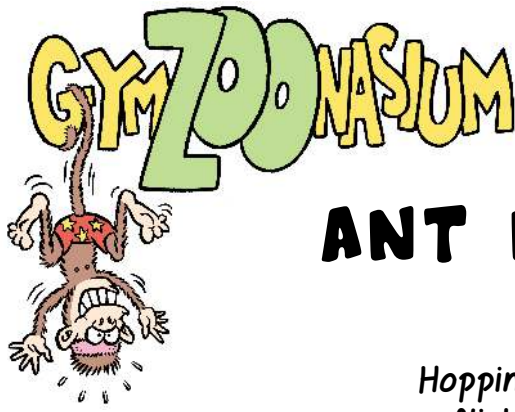




ANT NEST DANCE

*Hopping quickly up and down,
flicking ants off my feet!
Silly me stood on their nest
and they want me out of town!*

PURPOSE

- Improves coordination
- Strengthens our legs and abdominals
- Improves our ability to cross the body's midline



INSTRUCTIONS

1. Stand with your feet apart and your arms straight out in front of you
2. Lift one foot, bending your knee out to the side
3. Touch your raised foot with your opposite hand
4. Place your foot back down on the floor
5. Repeat on the other side



WATCH FOR

- Body staying tall and strong throughout!
- Hand tapping the opposite foot



MODIFICATIONS

Seated: Do the Ant Nest Dance seated in your chair



MORE CHALLENGING

- Add in an extra foot tap behind you!





MAKE IT MULTI-SENSORY

- Vary how strongly your hand touches your foot.
Try tapping it lightly (like a fairy clap) and then try tapping it strongly (like a high five).



FUN AND GAMES

Help the ant make it through this ant nest maze, to share the strawberry with its friend

