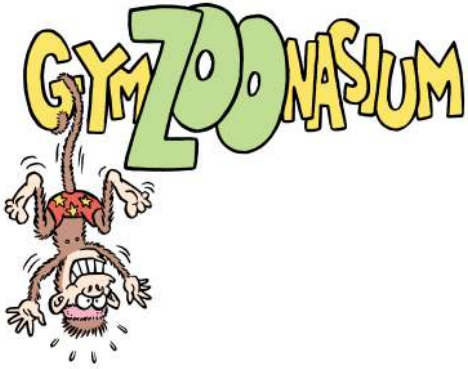




BOUNCES, BALANCES AND BILBIES



4m 53s

Have fun bouncing, balancing and challenging your fine motor skills today!

Extra space is ideal for the Elephant Balance. If your space is limited, for the Elephant Balance just lift your hand and knee off the floor rather than stretching them out.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jump Safari	Curl into a ball, then jump your arms (and legs too if possible) into a star	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back * For the 'scissor jumps' make sure the opposite arm and leg are forward



Movement	Seated modifications	Other modifications	Progressions	Watch points
Chimpanzee Swing	<u>Seated:</u> Make sure it's a sturdy chair. Place your hands on the sides of your chair, halfway between the front and back of the chair (so the chair will stay still and balanced when you lift your bottom). Push down through your hands to lift your bottom off the chair (and feet off the floor also if you can). <u>Wheelchair:</u> Make sure the wheelchair brake is on and you position your hands on the middle of your armrests. Push down through your hands to lift your bottom off the chair.		Hold one foot up off the floor while doing the Chimpanzee Swing.	* Shoulders down and back * Chest upright * Tummy muscles squeezed
Elephant Balance	Point one arm up to the ceiling and the other arm down to the ground. Then switch to point them the other way. If you can, lift your opposite leg towards the arm that is pointed up.	Lift only one arm OR one leg at a time.	Try the Elephant Balance in a full push-up position (balancing on your hands and toes, with your back straight). Lift only one leg OR 1 arm at a time.	* Back and hips staying flat like a table



Movement	Seated modifications	Other modifications	Progressions	Watch points
Worm Wave	Do Worm Wave seated	Do Worm Wave with just one hand at a time	Do Worm Wave with both hands at the same time, and in the opposite direction. Start with your right thumb and left pinkie waving to each other.	* Bending and straightening only one finger on each hand
Bilby Ears	Do Bilby Ears in your chair	Do Bilby Ears with your hands in front of you, so you can watch your fingers moving	While doing Bilby Ears, try holding something tiny (like a small piece of lego) in your hand with the other curled up fingers	* Thumb, pinkie and ring finger staying curled up in a fist