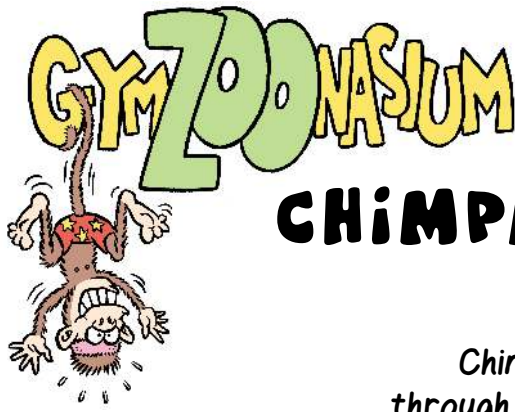




CHIMPANZEE SWING

*Chimpanzees love to swing
through jungles so thick with trees.
Swinging's their favourite thing.
Can I go swing with them, please!*

PURPOSE

- Strengthens shoulders, arms and tummy muscles
- Provides deep pressure, which helps you feel calm, alert and ready to learn



INSTRUCTIONS

1. Sit up tall on your bottom with your knees bent and feet flat on the floor
2. Place your hands beside you and push down to lift your bottom off the floor
3. Keep your bottom up for as long as you can



WATCH FOR

- Good shoulder posture (shoulders back and down)
- Chest upright
- Tummy muscles squeezed



MODIFICATIONS

- Seated: Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and your feet off the floor also if you can).



MORE CHALLENGING

- Try holding one foot up off the floor while doing the Chimpanzee Swing



MAKE IT MULTI-SENSORY

- While doing the Chimpanzee Swing, swing your bottom slightly forwards and back, keeping your bottom off the floor



PROGRESS TRACKER

For how long can you hold your bottom off the floor in the Chimpanzee Swing position?

Date	My personal best	My goal for next time



FUN FACTS

- Chimpanzees are humans' closest living relatives. Our DNA is 99% the same!
- A fully grown chimpanzee is 5 to 6 times as strong as a human! I wouldn't challenge them to an arm wrestling competition!



FUN AND GAMES

Draw a friend for this chimpanzee to play with

