



## CRAB CRAWL

*Holding its body  
up in tabletop pose  
The crab's eyeing off  
Your tasty little toes!*

### PURPOSE

- Provides deep pressure, which helps us feel calm, alert and ready to learn
- Improves balance, pelvic stability and posture
- Strengthens buttocks
- Strengthens arms and shoulders



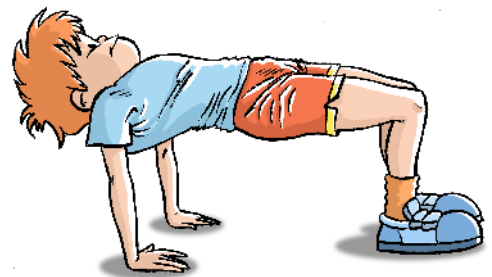
### INSTRUCTIONS

1. Sit on the floor with knees bent and hands by your side
2. Lift your bottom until your tummy is flat like a table
3. Squeeze your buttocks and push your heels into the floor
4. Hold for as long as you can (with your bottom up high)



### WATCH FOR

- Correct start position (arms by the side, not over the shoulders)
- Right angles at the shoulders and knees
- Bottom pushed up, so your body is flat like a table



### MODIFICATIONS

- Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.
- Seated: Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom.



## MORE CHALLENGING

In the Crab Crawl position:

- Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs.
- Step your hands and feet to slowly Crab Crawl around in a circle or side to side.



## MAKE IT MULTI-SENSORY

Do the Crab Crawl with a pencil case, empty plastic water bottle or ball balanced on your tummy. Try not to let it fall off! Can you move around the room without it falling off?



## BALL SKILLS

Play crab soccer! While doing the Crab Crawl try kicking a ball between you and your friend(s). Kick the ball with your left foot and then with your right. Keep your bottom up!



## PROGRESS TRACKER

For how long can you hold the Crab Crawl position before your bottom drops down?

| Date | My personal best | My goal for next time |
|------|------------------|-----------------------|
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## FUN FACTS

- Crabs have been around for 200 million years (when dinosaurs roamed the planet)
- The Japanese Spider Crab is the largest type of crab, measuring 3.5 metres - as long as 2 adults!
- Crabs walk and swim sideways