



FOREST FLOSS



PURPOSE

- Strengthens your tummy muscles
- Improves coordination
- Involves crossing the midline (an important developmental skill)



INSTRUCTIONS

1. Start standing, with your feet apart and arms straight
2. Swing your arms to one side and poke your hips in the opposite direction
3. Poke your hips through your arms (so one arm is in front of you and one arm is behind you), as you swing your arms and hips each to the other side
4. Swing your arms back to the side you started on and poke your hips to the opposite side
5. Sway your hips to the other side again, as you swing your arms across in front of your body
6. Keep repeating steps 3 to 5



WATCH FOR

- Arms swinging in the opposite direction than hips
- Legs and arms straight

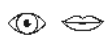


MODIFICATIONS

- Do the Forest Floss more slowly
- Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.
- Try doing the Forest Floss on your knees
- Seated - Do the Forest Floss in your chair

MORE CHALLENGING

- Speed it up!



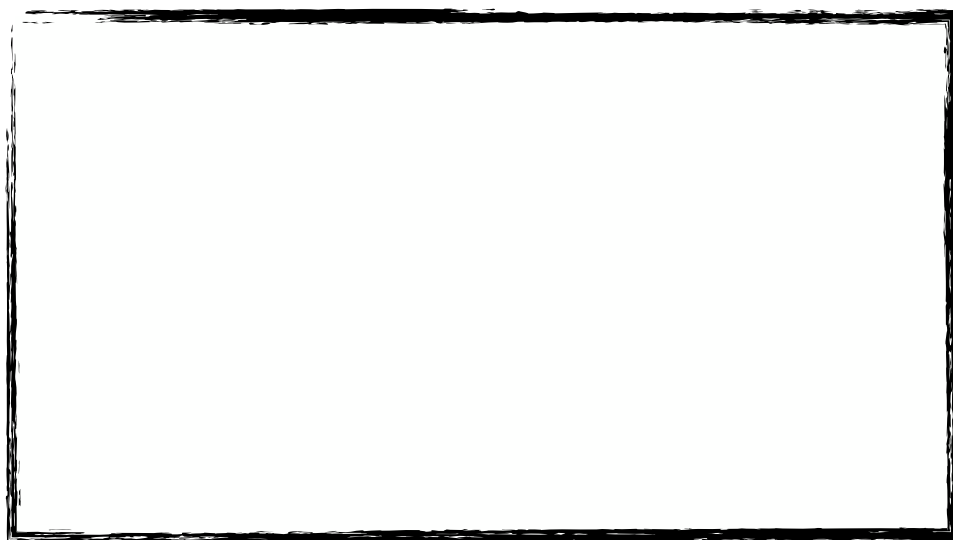
MAKE IT MULTI-SENSORY

- Imagine you're dancing through a forest thick with trees. Move your hips from side to side to dodge the tree trunks.

FUN AND GAMES

Invent a fun dance move of your own!

Draw a picture of your dance move and write instructions on how to do it.



My dance move is called: _____

Instructions:

1. _____
2. _____
3. _____
4. _____
5. _____