



GIRAFFE REACH

*With long legs, long tongue
and neck longer still,
giraffes can reach higher
than I ever will.*

PURPOSE

- Improves balance
- Strengthens lower legs



INSTRUCTIONS

1. Stand up tall with your feet together
2. Go up onto your tippy toes (reaching your hands up as high as you can)
3. Balance for as long as you can and then try again



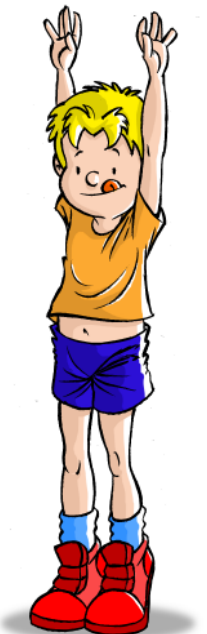
WATCH FOR

- Standing tall and straight
- Squeezing abdominal muscles, to help with balance
- Focusing your eyes on something still in front of you, to help with balance



MODIFICATIONS

- Standing: Lift one heel off the floor, then lower it and lift the other heel.
- Seated: Reach your arms up in the air like a tall giraffe. Lift one or both heels off the floor if you can.



MORE CHALLENGING

Try the Giraffe Reach:

- With your eyes closed to challenge your balance
- On a wobbly surface (standing on a cushion, pillow or mattress on the floor)
- With one foot lifted up off the floor



MAKE IT MULTI-SENSORY

- While doing the Giraffe Reach, reach one arm up in the air to be your neck and the other arm down behind you as your tail.
- Try the Giraffe Reach around your backyard, school or park. Explore which leaves and branches you can reach in the trees on your tippy toes...



FINE MOTOR SKILLS

While doing the Giraffe Reach:

- Try to make each of the letters (A to Z) or numbers (1 to 10) with your fingers
- Plait three pieces of wool together
- Thread beads onto a necklace or pipe cleaner



BALL SKILLS

While doing the Giraffe Reach:

- Throw a ball up and catch it
- Bounce a ball and catch it



PROGRESS TRACKER

For how long can you hold the Giraffe Reach?

Date	My personal best	My goal for next time

