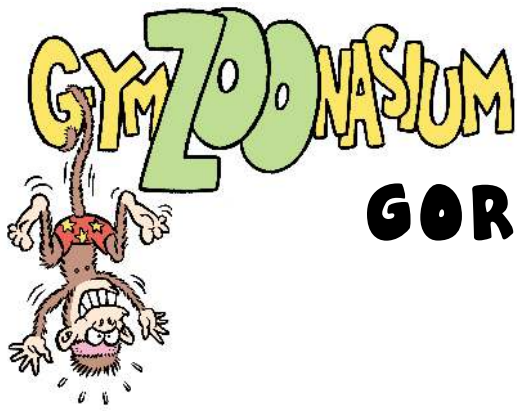




GORILLA SQUAT

*Gorillas' legs
are very strong.
They can squat like this
The whole day long!*

PURPOSE

- Strengthens legs
- Provides deep pressure, which keeps us alert and 'ready to learn'



INSTRUCTIONS

1. Stand with your chair just behind you
2. Step your feet apart (a bit wider than your shoulders), and turn your toes out slightly
3. Bend your knees and reach your hips back to squat down almost to your chair
4. Hold for as long as you can



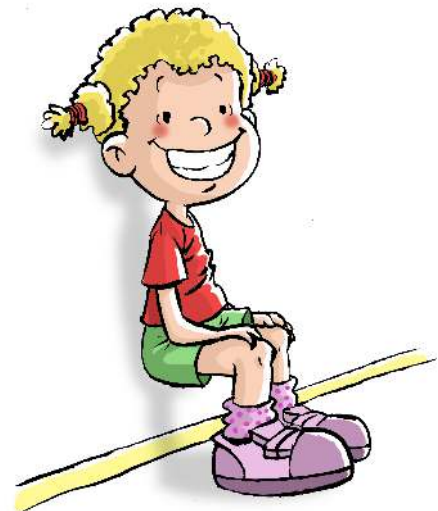
WATCH FOR

- Knees kept wide, facing over your toes
- Hips reaching back
- Chest upright and eyes looking forward



MODIFICATIONS

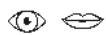
- Do the Gorilla Squat with your back against a wall. Step your feet forward and slide your back down the wall until it looks like you're sitting in a chair. Hold for as long as you can, then use your hands against the wall to push yourself back up.
- Seated: Place your hands on the sides of your chair. Push down with your hands (and your legs/feet if possible) to lift your bottom.





MORE CHALLENGING

- Sit in a Gorilla Squat position against a wall. Keep your back and bottom against the wall, while you go onto tippy toes for 20 seconds, then onto heels for 20 seconds.



MAKE IT MULTI-SENSORY

- Pound your fists on your chest like a silverback gorilla!



BALL SKILLS

While doing the Gorilla Squat...

- Have a friend stand in front of you. Throw and catch a ball with them.
- Juggle a tennis ball from your left to right hand, and back again. How many catches can you get in a row?



FINE MOTOR SKILLS

While doing Gorilla Squat, which numbers or letters can you make with your fingers?



PROGRESS TRACKER

For how long can you hold the Gorilla Squat (the modified version against a wall)?



Date	My personal best	My goal for next time



FUN FACTS

- Silverback gorillas are stronger than 20 adult humans together. They can lift or throw up to 815 kilograms (the weight of about 37 year one students)! Super strong!
- Gorillas feel and express emotions, just like we do. They even chuckle or giggle when they find something funny.