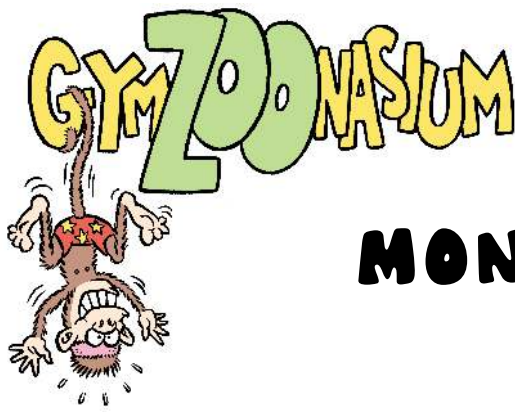




MONKEY TWIST



PURPOSE

- Strengthens tummy muscles
- Improves body control and balance
- Involves crossing the midline, an important dev



INSTRUCTIONS

1. Stand with your knees bent
2. Twist your arms towards one side of you and your knees towards the other
3. Jump to switch them to the opposite sides (your arms facing one way and your knees the other)



WATCH FOR

- Upper body twisting in the opposite direction to lower body
- Tummy muscles squeezed



MODIFICATIONS

- Do the Monkey Twist with just your legs and then just your arms
- Seated: Do the Monkey Twist in your chair



MORE CHALLENGING

- Speed it up!



MAKE IT MULTI-SENSORY

Imagine you're a cheeky monkey. Make funny faces while doing the Monkey Twist!