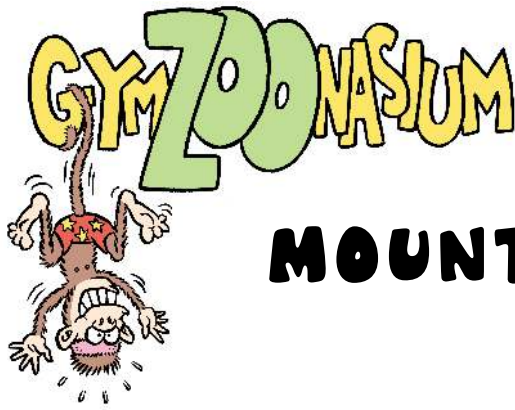




# MOUNTAIN CLIMBER



## PURPOSE

- Strengthens arms and tummy muscles
- Provides 'deep pressure', which can help us feel calm and alert



## INSTRUCTIONS

1. Start in a full push-up position (with your hands and feet on the floor)
2. Step one foot forward
3. Jump to switch your legs (so the back leg comes forward and the front leg goes back)



## WATCH FOR

- Squeezing tummy muscles
- Back straight
- Shoulders pulled down and back
- Hips staying level, and as still as possible



## MODIFICATIONS

- Standing: Have your arms straight out in front of you and hands pushing gently against a wall. March your legs up and down, lifting your knees up as high as you can.
- Seated: Sit up tall and put your arms straight out in front of you. Keep your arms straight and strong, as though you're pushing against an invisible wall. March your legs up and down, lifting your knees up as high as you can.



## MORE CHALLENGING

- Speed it up!





## **MAKE IT MULTI-SENSORY**

- Can you balance a soft toy on your back while doing the Mountain Climber?
- Imagine you are a mountain goat climbing quickly and easily up a steep mountain!

Mountain goats have hard hooks and use rubber-like padding on their feet to gain toeholds on narrow ledges. They dance nimbly over ice, snow and jagged rocks on sheer inclines. They move on these crazy surfaces as quickly and easily as if they were running across a flat surface.



## **FUN AND GAMES**

Enjoy colouring in this mountain goat, who's made it to the top of the mountain

