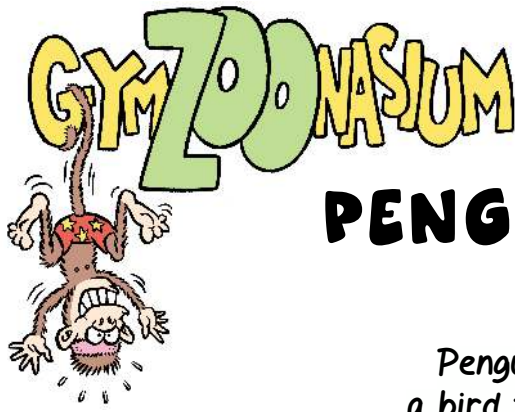




PENGUIN WADDLE

*Penguin's a curious creature,
a bird that can swim but not fly,
It speeds and darts through the ocean
But on land slowly waddles by.*

PURPOSE

- Improves your balance
- Strengthens lower legs



INSTRUCTIONS

1. Stand tall
2. Lift your toes off the ground and balance on your heels
3. Balance for as long as you can and then try again
4. Have fun waddling on your heels like a penguin!



WATCH FOR

- Standing tall and straight
- Squeezing abdominals and buttocks to help you balance
- Eyes focused on something still to help you balance



MODIFICATIONS

- Standing: Lift the toes of one foot at a time. Hold for as long as you can, then switch feet.
- Seated: Lift the toes of one foot or both feet together. Hold for as long as you can.
- Seated: Squeeze a cushion or ball between your knees.



MORE CHALLENGING

- Try closing your eyes while doing the Penguin Waddle.
- Place a ball or cushion between your knees and squeeze your knees together to hold it. Walk slowly around the room on your heels (pretending the ball is an egg and being careful not to drop it).



MAKE IT MULTI-SENSORY

- It can be freezing cold where penguins live. Imagine standing on ice with a freezing cold wind blowing all around. Squeeze your arms to your side and squeeze your legs tightly together, to help keep you warm.
- While doing the Penguin Waddle, give yourself a huge hug! Then give yourself a huge hug with your arms crossed the other way (the top arm crossed underneath instead).
- Do your best penguin 'Happy Feet' dance!



FINE MOTOR SKILLS

While doing the Penguin Waddle, make as many letters (A to Z) or numbers (1 to 10) as you can with your fingers



PROGRESS TRACKER



For how long can you hold the Penguin Waddle?

Date	My personal best	My goal for next time



FUN FACTS

- Instead of wings for flying (like most birds), penguins have flippers for swimming