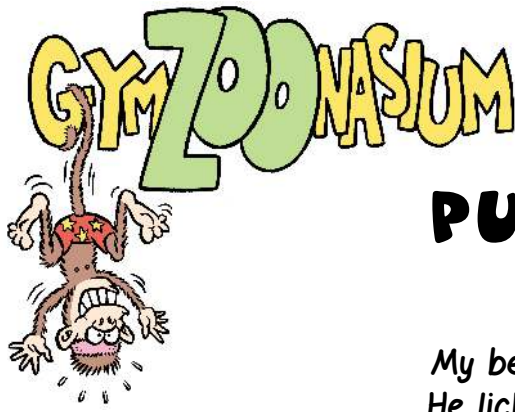




PUPPY PLAY

*My best friend is my puppy.
He licks and tickles my face.
He puts his paws up in the air
and rolls all over the place.*

PURPOSE

- Strengthens tummy muscles and legs
- Improves coordination and focus



INSTRUCTIONS

* Make sure you have plenty of space around you

1. Lie on your back
2. Squeeze your tummy muscles
3. Lift your legs and arms into the air
4. Pedal your arms and legs in big, slow circles (like pedalling a bicycle in the air). Pedal your right foot and left hand, then left foot and right hand.



WATCH POINTS

- Tummy muscles gently squeezed
- Back flat on the floor. If your lower back arches, pedal your legs up higher in the air and make sure your tummy muscles are switched on.



MODIFICATIONS

- Seated or standing: Pedal one leg and the opposite arm (like you're climbing an imaginary ladder). Switch the leg and arm you're using with each pedal.



- Seated: Climb an imaginary ladder with your arms! Reach one arm at a time up high and squeeze your tummy muscles to help pull your arm down strongly.

MORE CHALLENGING

- Pedal your legs closer to the floor



MAKE IT MULTI-SENSORY

- Puppies love being patted and scratched. Use your left hand to scratch all over the right side of your body- your head, neck, arms, tummy, legs and feet. Then scratch the left side of your body with your right.
- Puppies love making people feel happy. Think about all the ways that YOU make the people around you feel happy?



FINE MOTOR SKILLS

- While doing 'Puppy Play', can you click your fingers in time with the music?
- Can you whistle (trying to get your puppy's attention)?



FUN AND GAMES

