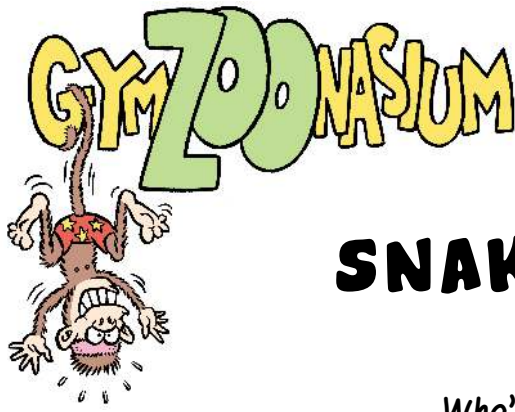




SNAKE SWALLOW

*Who's jaws can stretch to
swallow a whole cake?
Why, it's none other
than slithery snake.*



PURPOSE

- Strengthens the thumb and fingers
- Improves fine motor performance



INSTRUCTIONS

1. Stick your four fingers together and fold them forward to touch your thumb
2. Straighten your fingers and thumb (to make a snake's mouth)
3. Open your 'snake mouth' till it's wide open then close it again



WATCH FOR

- Opening the hand wide like a snake swallowing a large meal
- Fingers all straight and kept together
- Thumb and fingers moving apart and back together in sync



MODIFICATIONS

- Start by opening your snake mouth a little. Open it wider as your hands grow stronger.



MORE CHALLENGING

- Try Snake Swallow with a scrunchie or thick rubber band around your thumb and fingers





MAKE IT MULTI-SENSORY

- Try fitting different sized balls or soft toys into your Snake Swallow hand
- Do Snake Swallow chomping on your opposite arm or knee!



FUN FACTS

- Snakes can stretch their jaws to eat animals up to twice as big as their own head!



FUN AND GAMES

Which snake holds the key to the treasure chest...?

