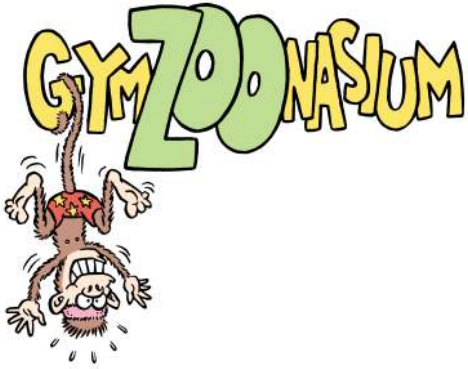




STUCK ON YOU



4m 35s

*A pre-writing session that uses our imagination to explore a backyard.
This session involves full body movement as well as fine motor skills.*

Movement	Seated modifications	Other modifications	Progressions	Watch points
Snail Spy	Do Snail Spy in your chair	Do Snail Spy with one hand at a time	Do Snail Spy with your eyes closed	* Do Snail Spy with your pointer fingers moving around on and in slime or jelly. Feel what it's like to be a slimy snail.
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Gecko Creep	Climb up an imaginary ladder with your arms (and your legs too if possible).	* Start in a standing push-up position (with your hands against a wall). Lift your knee up towards your elbow and back down, then swap sides. * Start in a push-up (on your hands and toes). Keep your body still, while you step one foot forward then back.	Try balancing a soft toy or pencil case on your back while doing the Gecko Creep. Try not to let it fall!	* A straight line from shoulders to heels (rather than hips lifting up or sagging) * Moving your hand and opposite foot at the same time * Small, slow, controlled steps * Tummy muscles squeezed
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.
Sticky Starfish	Do Sticky Starfish in your chair	Do Sticky Starfish slowly	Try Sticky Starfish with your eyes closed	* Only one pair of fingers coming apart at a time