

COME AND BE NUTZ WITH US!



Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Crabwalk!

How to

- Tell your child to sit down with their hands by their side and their fingers pointed towards their feet.
- Tell them to push up on their hands and feet so their body is like a table.
- Keep hips high to work on strengthening core muscles.
- See if your child can move forwards, backwards or even side-ways.
- For a balance challenge try touching right hand to left foot while in the crab walk position, then switch hands to work on balancing.
- Get the whole family involved in crab walking all over the house, or even have races.
- Add a numeracy element by asking them to count their steps.



Why?

Crab walking is a full body exercise with multiple gross motor benefits and more! It improves:

- Bilateral coordination (the ability to use both sides of the body at the same time)
- Core strength
- Trunk stability
- Hand and finger strengthening (good for writing and fine motor skills)
- Sensory stimulation
- Motor planning

It only
takes
5
minutes!