

Wobbeling



Stand in the middle of the wobbel, cross your legs and sit down.
Put your hands on the edges of the Wobbel
and wobble back and forth.
Where are you wobbling to?

Variation	How it helps
Try to stay on one side for a few seconds before you wobble back in the other direction.	Wobbling is wonderful for wiggly children who find it hard to sit still. Having them wobble first helps them to concentrate better afterwards.

01

wobbel

Flamingo



Stand in the centre of the Wobbel.
Put one foot against the side of your lower or upper leg.
Put your hands together against your chest and make a beautiful flamingo
by moving them slowly upwards all the way above your head!

Variation	How it helps
Try doing it with your eyes closed. Is it easier? Or more difficult?	This exercise encourages children to stretch their back. That's an important part of learning to have a healthy posture.

02

wobbel

Frog jump



Crouch in the middle of the Wobbel with your feet flat
and your hands in front of your chest.
Count to three and jump off the Wobbel like a frog.
Ribbit!

Variation	How it helps
Is it hard to jump without falling? Put your hands in front of you to help you land your frog jump.	This exercise improves dynamic balance and the strength of leg muscles.

03

wobbel

Sailboat



Sit in the middle of the Wobbel back to back.
Cross your legs. Are you sitting comfortably?
Keep your back straight and sail gently
back and forth on the waves.

Variation	How it helps
Put your hands flat in front of you on the Wobbel and try to go faster together.	This exercise combines the strengthening of back and stomach muscles with wonderful fun wobbling together.

04

wobbel