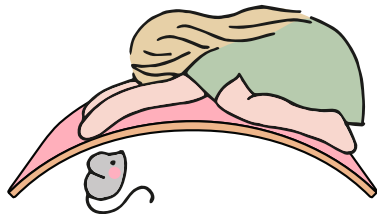


Mouse



Kneel on the Wobble, rest your bottom on your heels and rest your arms on the Wobble.
You're as quiet as a mouse.

Variation How it helps

Ask someone to massage your back or draw on your back with their finger. When they make themselves small, children learn to recognize tension in their muscles, let it go, and relax.

05

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Wobble jump



Stand next to the narrow end of the Wobble and step onto it with one foot.
Carefully walk to the other side and jump or step off!

Variation How it helps

Try walking backwards or sideways over the Wobble. This exercise helps with stability and muscle strength in the ankle and foot muscles.

06

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Dancer



Stand in the middle of the Wobble.
Lift one foot, and hold it with your hand. Lift your foot even further and lift your other hand in front you.
You're a beautiful dancer!

Variation How it helps

When you look like a dancer, you can carefully try to bend the leg which is standing on the Wobble, and then stretch it again. Bravo! This is a challenging exercise for children, which helps them to work on maintaining static balance, and strengthening leg muscles.

07

wobble®

Double star



Stand back to back in the middle of the Wobble.
Gently put your feet near the outside edges and lift your arms into the air. You're both super stars!

Variation How it helps

Are you both around the same height? Try holding each others' hands and move them up and down together. This helps children to practise their balance and improve their spatial awareness together.

08

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