

Boat



The Wobble changes into a rowboat!
Sit in the middle, with your feet on the Wobble.
Hold the edge, and lift your legs slowly. Can you stretch them out?
Let go of the edge, and stretch your arms forwards.
And... start rowing!

Variation	How it helps
You can try rowing backwards as well as forwards!	This exercise strengthens the stomach and back muscles which are very important for sitting (still).

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Superhero



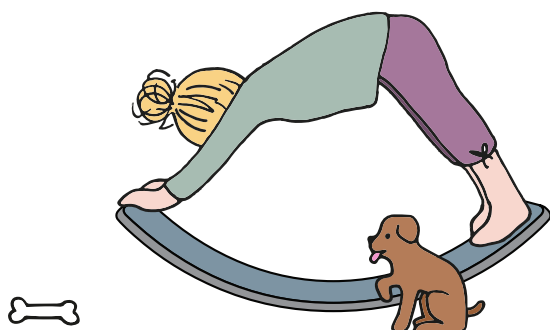
Stand on the Wobble with your legs wide apart and your feet facing forward. Stretch out one arm and then the other.
Are they level with your shoulders?
Wobble back and forth like a superhero. Which hero are you?

Variation	How it helps
This is a great exercise to combine with counting (backwards) aloud, memorizing the alphabet or practising times tables.	This exercise helps train muscles for strong arms and legs. The rhythm helps with memory skills.

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Dog



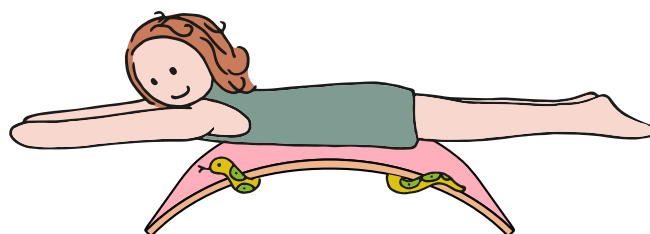
Kneel on the Wobble, put your toes on the back edge, put your hands on the front edge and raise your bottom.
Stretch your legs, and wobble gently back and forth.

Variation	How it helps
A dog also sometimes shakes paws with you, or he needs to pee. Can you lift one arm or one leg up a little?	This exercise can be a little scary for children, but when they manage it, it builds their self-confidence.

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Snake



Lie down on the Wobble.
Relax your arms and legs, your head and everywhere else.
Watch out, you're going to pretend you're a snake!
Count to three, and then make yourself as long as you can.
Hiss like a snake and then relax and lie down again.

Variation	How it helps
Ask someone to throw a soft ball or a balloon to you and hit it back to them with both hands.	Lying on the stomach strengthens the muscles in the back, and stimulates their balance. Both are important when learning to swim.

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