

# Star



Stand on the Wobble with your legs wide apart and stretch your arms out. Wiggle your fingers and move your arms upwards and back down. Wow, you're shimmering like a star!

## Variation How it helps

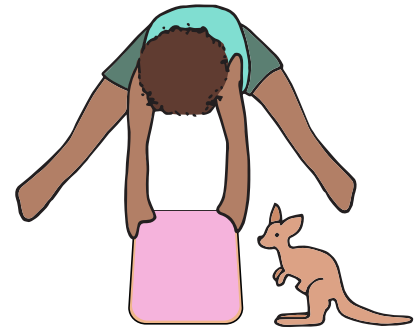
Is this exercise a little too hard?  
Be a small star first!  
Sit up on your knees on the middle of the Wobble, lift your bottom off your feet!

Children practise their balance, and learn to move their fingers independently of each other. This is an important skill when learning to write.

wobble

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# Kangaroo



Put your hands on the sides of the Wobble and put both feet on the ground on one side. Keep your hands where they are and jump onto the Wobble like a kangaroo, and off again, and on again, off and on...

## Variation How it helps

Are you a super kangaroo?  
Try jumping with two feet together from the left side, and back again!

This is a good exercise to help with symmetric movement of the hands and feet: important when learning to swim.

wobble

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# Butterfly



Stand on the Wobble with your legs wide apart and your feet facing forwards. Put your hands on your shoulders and wobble back and forth. Your 'wings' will flap with you!

## Variation How it helps

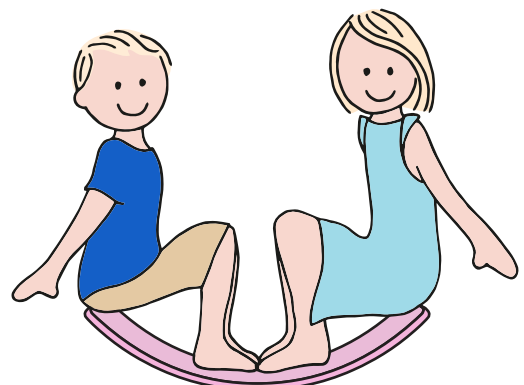
Hold a colourful piece of fabric in each hand, stretch your arms, and fly like a real butterfly!

Moving both arms together develops symmetrical movement. That's useful when children learn to swim.

wobble

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# See-saw



Sit opposite each other with your feet in the middle of the Wobble. Put your bottom on the edge and spread your arms. Can you find your balance? Then wobble gently back and forth.

## Variation How it helps

Put your (flat) hands against your friend's hands, and gently push. Yippee!  
Now you seesaw back and forth faster!

This balance exercise helps children learn to work together and keep their balance. They are also strengthening their stomach and back muscles.

wobble

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