

Sitting movements.

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sliding hands from toes to knee -

1. sewing seam 2nd toe to knee
2. preening and smoothing it upwards
3. making sandpiles
4. Playing tent

Playing boat

1. Racking forward & backward (slight movement)
- swaying
2. swaying side to side -

circles on floor - complete and half -

Foot movements

Following lines from toe to ankle

1. Birds into birdhouse
 2. autos into garage
 3. working on the glove (big toe)
- swaying

2. swaying side to side -

circles on floor - complete and half -

Foot movements

Following lines from toe to ankle

1. Birds into birdhouse
2. autos into garage
3. working on the glove (big toe)

Side position

(3)

Smuggling together and going down spine

1. tower
2. stairs



Face down position

1. lifting each leg - knee
2. .. both legs
3. .. head a little way

Hands and knees.

(4)

1. Backing up
2. crawling forward

One arm straight forward - opposite
leg straight back. (?)

Cat picking

crouching like bunny eating -
(touching eye - nose - mouth
top of head) - down back

hands in lap - picking up spoon
with teeth

~~a baby picking up spoon~~
(touching eye - nose - mouth
top of head) - down back

hands in lap - picking up spoon
with teeth

1. Duck diving for worm
2. Robin picking up -

Rocking on head

Upright position (5)

walking line (2nd toe - middle of heel)

walking backwards (play eyes)

Exaggerated walk

1. See saw see down

— 2. Hippity Hoppity

(hand slides along thigh to knee)

One foot slightly in advance - slight swaying one to other

See - saw - wargery - Saw

One foot slightly in advance - slight swaying one to other

See - saw - wargery - Saw

stairs

going up hands and feet

looking down " " "

Exercises

Open & shut
 Pony roll
 Plant legs
 Diving
 crawling
 walking circles
 " crack - live
 scissors
 face down - lift legs - head -
 tower
 birds into house
 find collar bone
 curtsy
 balance, a &
 Diving
 crawling
 walking circles
 " crack - live
 scissors

Somersetta
 duck diving for worms
 bicycling
 elbow - knee
 knocking on knee
 wiggling up down
 roofs
 sandpile
 fishing worms
 knocking on head
 writing with toes
 (dive - all four (table)
 dip - draw back)
 tents
 no 4's obb legs & arm out
 knocking on knee
 wiggling up down
 roofs
 sandpile
 fishing worms

(2)
 shuffling
 smelling
 crawling
 sponge
 telescope together

telescope together