(1) How to cue it: lying on your back. Lift your knees above your hips with your legs bent. Straighten one leg, then the other, like you are pedaling a bicycle.

How to adapt it: sitting at child's feet, hold onto the feet and guide the exercise. To make it harder, you can provide resistance on the feet, or practice "riding" fast and slow (switching between the two).

*Words we use: "we are going to ride our bikes!"

(2) How to cue it: lie down on your back and bring feet towards your bottom. Lift hips toward the sky and hips off the ground.

How to adapt it: cue with handling cues at hips. To make it harder: hold for longer! (ex: sing "London Bridge" 2x)

*Words we use: "we came to a bridge - make a big bridge!" then sing "London Bridges"
How to cue it: lying on the child's back, bend their knees and have them grab their toes with their fingers. Their arms are pulling down as the feet are pushing away, like they are having a tug of war within the body.

How to adapt it: hold the child's hands at their feet applying pressure into the feet in order to increase resistance in core and legs.

Keywords we use: “On the bridge we saw a dead bug!” then we “squish” her (press down on her feet). Some kids like to squish us too!

How to cue it: lie on your tummy and reach up with your arms and legs like you are swimming.

How to adapt it: make it harder by holding opposite arm & leg in the air for longer. Can also swim fast, then slow, then fast.

Keywords we use: it’s time to go swimming (we usually ask where the kid is swimming to ex: ice cream store, Disneyland, etc)
How to cue it: Put hands + feet on ground. Straighten your legs + arms; lift your hips up to the sky pressing your hands into the ground with wide star hands.

How to adapt it: Bend your knees. To make it harder: hold pose longer.

Words we use: make a dog! are you a big dog or little dog? Can you wag your tail?

How to cue it: roll the child up in a blanket or mat. "Imagine you are the very hungry caterpillar + are eating + pushing your belly against your skin that is around you. Then let your belly fall as you eat + get full. Now you are in the coccoon → come out you beautiful butterfly!"

Words we use: the caterpillar climbs into the coccoon, she's getting bigger? okay, come out you beautiful butterfly! Show us your pretty wings!