

# Exercise Ideas...

## **Washing the walls down**

Climbing a ladder

## **Mixing a cake with a spoon in a big bowl**

Washing your face

## **Reaching for a food can from the top of a cabinet for stretching one arm at a time**

Cast the fishing line

## **Burp the baby on your shoulder... change the baby to the other side...**

Raise the roof (ceiling)

## **Scissors motion (over & under with arms or legs)**

Twiddle your thumbs (and try your arms too)

## **Give yourself a pat on the back... then the other arm...pat, pat, pat...**

Point your toes

## **Do ankle circles (10 circles one direction then 10 more circles the other direction)**

Do wrist circles (10 circles one direction then 10 more circles the other direction)

## **Boxing movements into the air in front of you**

Arm circles

## **Leg circles**

Leg marching

## **Hang the clothes on the clothesline...**

Use your imagination & have fun!