

## Making bodies stronger

- Use the Animal Positions to help your child build the physical strength for writing  
Eg Lizard position to read, write, colour or for screen time  
Eg Meerkat position for reciting times-tables
- Build strength with floor/chair push-ups, pull-ups on monkey bars, the plank
- Develop dexterity and manipulation using knives & forks, scissors, playdough, plasticine

### ★ Animal Positions build strength for writing



How? Kneel upright.  
Arms by sides.



How? Legs crossed. Sit upright.  
Hands rest on knees.



How? Feet hip-distance apart.  
Arms by sides.



How? Legs straight and together.  
Arms support upper body  
(elbows under shoulders).



How? Back horizontal.  
Arms/thighs vertical.