

Rocking Horse

This activity helps you to develop visual awareness of your own movement.

Notes for helpers:

Try to **show** this activity rather than **tell**, so that you can encourage a process of discovery and allow them to experience the movements for themselves.

Step 1. Rocking horse

Kneel on the floor sitting on your heels while bending your body down so your chest is just above your thighs with your arms stretched out in front with hands on the floor.

Move your body forward so your weight is on your hands.

Bend your elbows out to the sides of your body so your chest touches the floor between your hands. Your thighs and pelvis stay above the floor.

Slowly straighten your arms lifting your chest up off the floor so the weight is back on your hands.

Rock back, shifting your weight back onto your legs and tucking your chest down so you return to where you started.

Repeat rocking back and forth through this sequence 5 times.

Notes for helpers:

Watch out for the following.

- Movement should be slow and continuous, not fast or jerky
- Head should not turn when the chest touches the floor.

Your goal is to rock forwards, slowly and smoothly, from a crouched kneeling position to chest touching the floor then back to the crouched kneeling position again.