**Modifications:**

None

## Key Activity 3: STNR

# Giraffe Stretch

### Instructions:

- Starting in the "cube" position, have the child lift his head so his chin is up and his neck is in extension. With his chin in the air and his back level, ask him to lean forward without moving his hands.
- Move his shoulders forward past the point of his hands on the floor.
- Have him rock forward slowly then return to the neutral position, 3 times, keeping his chin above his shoulders.
- Suggest to him that he is a giraffe, reaching for leaves in the trees to eat.

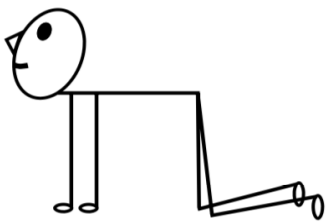
### Performance Objectives:

- Develop mature motor patterns
- Develop core stability and upper extremity strength
- Facilitate motor control

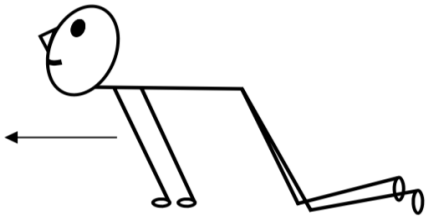
### Further Suggestions:

- Please see Chapter 2 to understand the reasons and importance of each movement mentioned here.
- Use carpet squares for comfort and to help the child position himself.

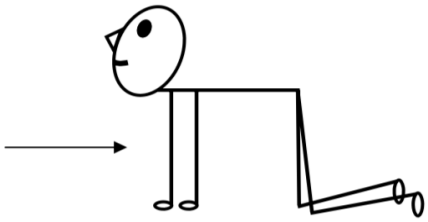
**1. Starting "Cube" Position**



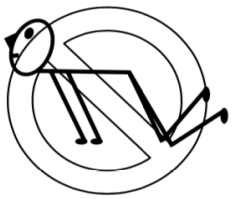
**2. Rock Forward**



**3. Return to "Cube" Position**



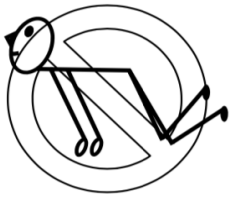
*Do not lift feet*



*Do not sit on ankles*



*Keep hands flat and fingers forward*



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Pre-K Approved




Level of Difficulty



Intensity Level