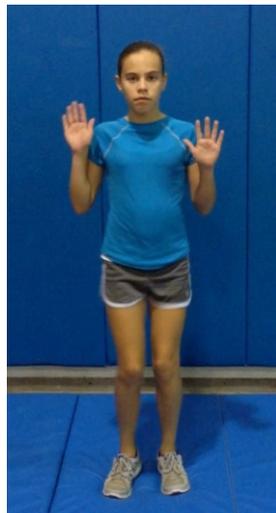


# Cross Crawls

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist's Name: \_\_\_\_\_



## Directions:

1. Start with feet together, hands up at your side.
2. Lift your right knee up and touch it with your left hand.
3. Bring your hands back up.
4. Switch and lift your left knee up and touch it with your right hand.

Perform for \_\_\_\_\_ repetitions OR for \_\_\_\_\_ seconds.

## Watch the Video:

Download a QR code reader to your smart phone or tablet.  
Snap a picture of the QR code on the right to watch the video.

Watch on You Tube at <http://youtu.be/iPQKcTuHsfg>

