

Long Sit Slap Clap

Child's Name: _____ Date: _____

Therapist's Name: _____



Directions:

1. Sit on the floor, legs spread out in a long sitting position.
2. Twist to the left and slap the floor two times with your hands over your left leg.
3. Sit up straight and clap twice.
4. Twist to the right and slap the floor two times with your hands over your right leg.
5. Sit up straight and clap twice.
6. Continue slap clapping switching sides each time.

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/hajT0J26Tuw>

