

Wall Switches

Child's Name: _____ Date: _____

Therapist's Name: _____



Directions:

1. Place both your hands on the wall.
2. Bring your left leg forward and your right leg back.
3. Jump and switch bringing your right leg forward and your left leg back.
4. Continue to jump and switch.

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/2FzEkupY5Ng>

