

Wobbeling



Stand in the middle of the wobble, cross your legs and sit down.
Put your hands on the edges of the Wobble
and wobble back and forth.
Where are you wobbling to?

Variation Try to stay on one side for a few seconds before you wobble back in the other direction.

How it helps Wobbeling is wonderful for wiggly children who find it hard to sit still. Having them wobble first helps them to concentrate better afterwards.

01

wobble

Flamingo



Stand in the centre of the Wobble.
Put one foot against the side of your lower or upper leg.
Put your hands together against your chest and make a beautiful flamingo
by moving them slowly upwards all the way above your head!

Variation Try doing it with your eyes closed. Is it easier? Or more difficult?

How it helps This exercise encourages children to stretch their back. That's an important part of learning to have a healthy posture.

02

wobble

Frog jump



Crouch in the middle of the Wobble with your feet flat
and your hands in front of your chest.
Count to three and jump off the Wobble like a frog.
Ribbit!

Variation Is it hard to jump without falling? Put your hands in front of you to help you land your frog jump.

How it helps This exercise improves dynamic balance and the strength of leg muscles.

03

wobble

Sailboat



Sit in the middle of the Wobble back to back.
Cross your legs. Are you sitting comfortably?
Keep your back straight and sail gently
back and forth on the waves.

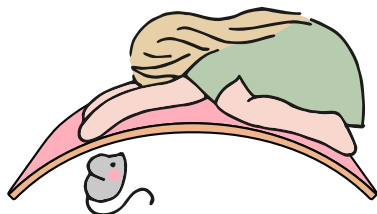
Variation Put your hands flat in front of you on the Wobble and try to go faster together.

How it helps This exercise combines the strengthening of back and stomach muscles with wonderful fun wobbling together.

04

wobble

Mouse



Kneel on the Wobbel, rest your bottom on your heels and rest your arms on the Wobbel.
You're as quiet as a mouse.

Variation How it helps

Ask someone to massage your back or draw on your back with their finger. What can you feel? When they make themselves small, children learn to recognize tension in their muscles, let it go, and relax.

05

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Wobbel jump



Stand next to the narrow end of the Wobbel and step onto it with one foot.
Carefully walk to the other side and jump or step off!

Variation How it helps

Try walking backwards or sideways over the Wobbel. This exercise helps with stability and muscle strength in the ankle and foot muscles.

06

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Dancer



Stand in the middle of the Wobbel.
Lift one foot, and hold it with your hand. Lift your foot even further and lift your other hand in front you.
You're a beautiful dancer!

Variation How it helps

When you look like a dancer, you can carefully try to bend the leg which is standing on the Wobbel, and then stretch it again. Bravo! This is a challenging exercise for children, which helps them to work on maintaining static balance, and strengthening leg muscles.

07

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Double star



Stand back to back in the middle of the Wobbel.
Gently put your feet near the outside edges and lift your arms into the air. You're both super stars!

Variation How it helps

Are you both around the same height? Try holding each others' hands and move them up and down together. This helps children to practise their balance and improve their spatial awareness together.

08

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Boat



The Wobbel changes into a rowboat!
Sit in the middle, with your feet on the Wobbel.
Hold the edge, and lift your legs slowly. Can you stretch them out?
Let go of the edge, and stretch your arms forwards.
And... start rowing!

Variation	How it helps
You can try rowing backwards as well as forwards!	This exercise strengthens the stomach and back muscles which are very important for sitting (still).

09

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Superhero



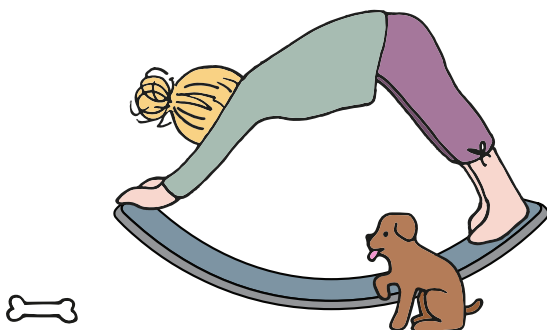
Stand on the Wobbel with your legs wide apart and your feet facing forward. Stretch out one arm and then the other.
Are they level with your shoulders?
Wobbel back and forth like a superhero. Which hero are you?

Variation	How it helps
This is a great exercise to combine with counting (backwards) aloud, memorizing the alphabet or practising times tables.	This exercise helps train muscles for strong arms and legs. The rhythm helps with memory skills.

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Dog



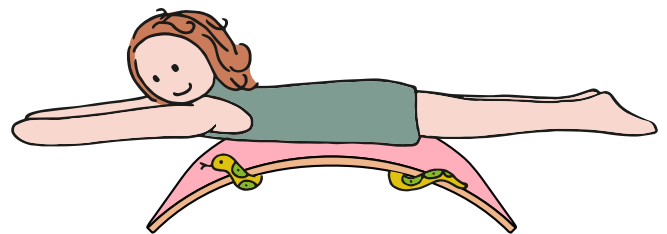
Kneel on the Wobbel, put your toes on the back edge, put your hands on the front edge and raise your bottom.
Stretch your legs, and wobble gently back and forth.

Variation	How it helps
A dog also sometimes shakes paws with you, or he needs to pee. Can you lift one arm or one leg up a little?	This exercise can be a little scary for children, but when they manage it, it builds their self-confidence.

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Snake



Lie down on the Wobbel.
Relax your arms and legs, your head and everywhere else.
Watch out, you're going to pretend you're a snake!
Count to three, and then make yourself as long as you can.
Hiss like a snake and then relax and lie down again.

Variation	How it helps
Ask someone to throw a soft ball or a balloon to you and hit it back to them with both hands.	Lying on the stomach strengthens the muscles in the back, and stimulates their balance. Both are important when learning to swim.

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Star



Stand on the Wobbel with your legs wide apart and stretch your arms out. Wiggle your fingers and move your arms upwards and back down. Wow, you're shimmering like a star!

Variation How it helps

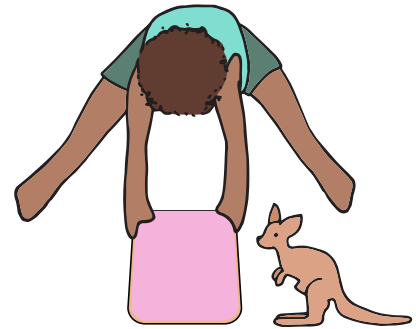
Is this exercise a little too hard? Be a small star first! Sit up on your knees on the middle of the Wobbel, lift your bottom off your feet!

Children practise their balance, and learn to move their fingers independently of each other. This is an important skill when learning to write.

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Kangaroo



Put your hands on the sides of the Wobbel and put both feet on the ground on one side. Keep your hands where they are and jump onto the Wobbel like a kangaroo, and off again, and on again, off and on...

Variation How it helps

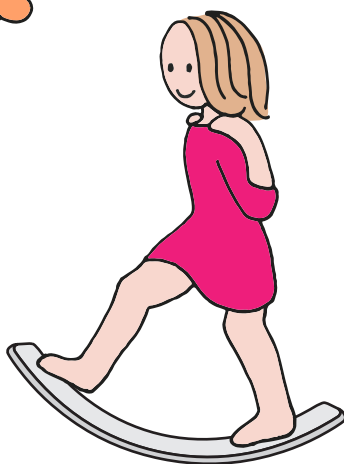
Are you a super kangaroo? Try jumping with two feet together from the left side to the right side, and back again!

This is a good exercise to help with symmetric movement of the hands and feet: important when learning to swim.

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Butterfly



Stand on the Wobbel with your legs wide apart and your feet facing forwards. Put your hands on your shoulders and wobble back and forth. Your 'wings' will flap with you!

Variation How it helps

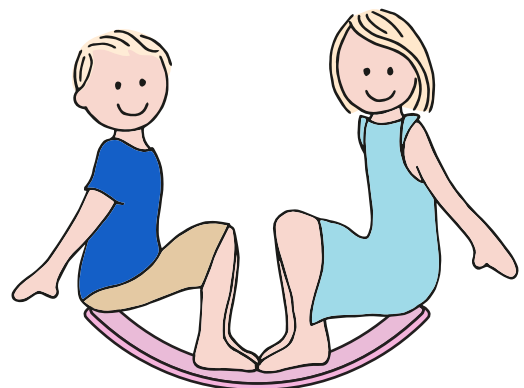
Hold a colourful piece of fabric in each hand, stretch your arms, and fly like a real butterfly!

Moving both arms together develops symmetrical movement. That's useful when children learn to swim.

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See-saw



Sit opposite each other with your feet in the middle of the Wobbel. Put your bottom on the edge and spread your arms. Can you find your balance? Then wobble gently back and forth.

Variation How it helps

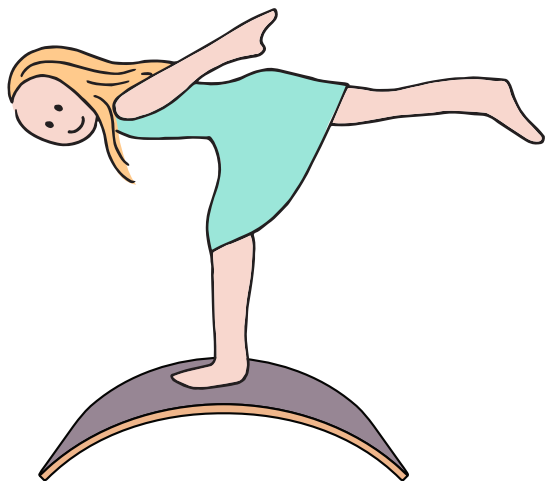
Put your (flat) hands against your friend's hands, and gently push. Yippee! Now you seesaw back and forth faster!

This balance exercise helps children learn to work together and keep their balance. They are also strengthening their stomach and back muscles.

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Airplane



Stand on the middle of the Wobbel.
Put one leg back and move your upper body slowly forwards. Spread your arms like the wings of an airplane, and fly. So, pilot, where are we going today?

Variation **How it helps**

Try to keep yourself steady on the Wobbel, while you make big and small flapping movements with your arms.

This exercise strengthens the back muscles, which are important for an active posture while sitting and standing.

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Windmill



Stand on the Wobbel with your legs wide, wobble back and forth and raise alternate arms into the air. Now you look like a windmill in the wind!

Variation **How it helps**

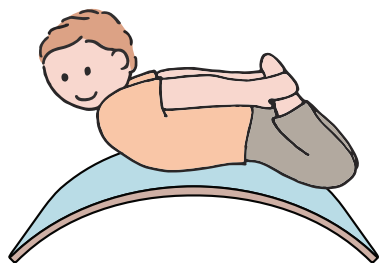
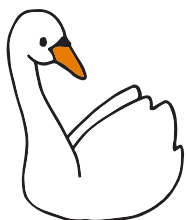
Do you know a song about a windmill? Or about spinning? Sing it while you do this exercise!

This exercise stimulates the cooperation between the left and right sides of the body. This is important when learning to write, amongst other things.

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Swan



Lie comfortably on your belly in the middle of the Wobbel. Lift your feet and try to grab them with your hands. Point your nose forwards and lift your feet a little further. You're a beautiful swan! One, two, three: let go, and relax.

Variation **How it helps**

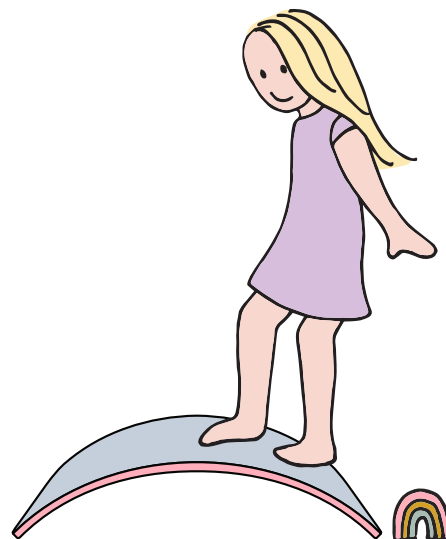
Put a ball on your back, and try to move it around without letting it fall off.

This exercise helps strengthen the muscles in the back; especially important if your child has a tendency to slouch.

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Rainbow



Stand next to the narrow side of the Wobbel and carefully step onto it. Spread your arms and walk step by step over the rainbow.

Variation **How it helps**

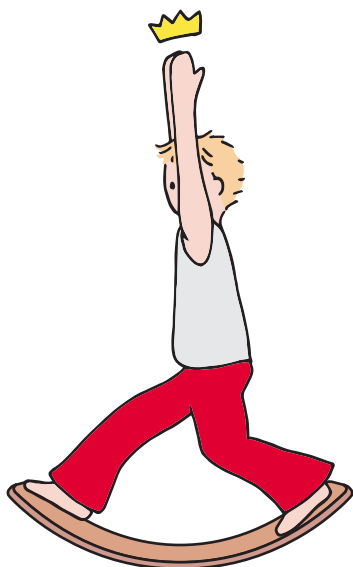
Can you walk over the Wobbel sideways, or backwards?

This is a good way to practise balancing. Your child learns where they need to place their feet to avoid falling.

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King



Stand on the Wobbel with your legs wide and your feet pointing forwards. Stretch your arms, lift them up and make a beautiful crown, wobble like a king or queen!

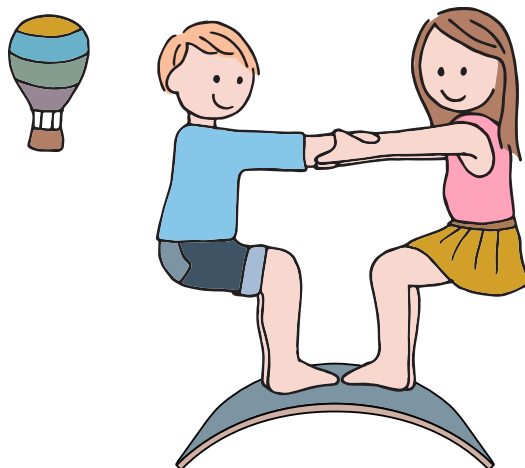
Variation How it helps

Try to keep the Wobbel still for a few seconds before you move back and forth. This royal exercise doesn't just improve balance, it also increases strength in arm, leg and back muscles.

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Hot air balloon



Stand on opposite ends of the Wobbel. Hold each other's wrists and step onto the Wobbel one foot at a time. Yes! You're in the basket of the hot air balloon! Lean backwards and keep each other in balance. Bend your knees to land the balloon and then gently stretch your legs to take off again.

Variation How it helps

How close can you get to the ground? And are you still able to take off gently together? Try it with your arms crossed! This is a challenging exercise which helps children to strengthen their leg muscles, and learn to trust one another.

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Crab



Sit on your bottom on the Wobbel. Put your feet on the edge, and your hands down behind you. Lift your bottom, and wobble like a crab.

Variation How it helps

Is this one difficult on the Wobbel? Try it on the ground first. Finding it easy? Put a soft toy on your belly and wobble like a crab together. This exercise helps with learning to float and swim on your back, and helps your child to become more aware of their body.

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Dream



Sit in the Wobbel and shuffle your bottom downwards. Lie down with your feet on the edge or fold your legs like a tailor. Let your arms relax on, or next to your belly.

Variation How it helps

Put your hands on the bottom half of your belly. Can you feel your belly rise when you breathe in, and fall when you breathe out? Lying in the Wobbel is a wonderful way to learn to become aware of your own body. This is essential to being able to relax completely.

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Manuel

A boat, a butterfly, a snake or a superhero?

On the Wobbel, you can do it all!

We invite everyone, whether big or small, to play and move together on the Wobbel!

You can choose a different sets of cards each week to inspire you. For example, four that are the same colour, or one of each colour.

Find a beautiful spot in your home to display them. Or play a game!

Bingo Memory

Every card is numbered.

Get a piece of paper, randomly choose 9 numbers under 25, and write them down. Now part the 24 cards face down on the table.

Take turns to pick a card.

If the number on the card is on your piece of paper, or on someone else's then you can cross it out!

Now someone can turn over the next card. Crossed off all the numbers on your Bingo card?

Shout 'Wobbel!'

Your card is the winning card!

Now get a Wobbel and try out all the exercises which match the numbers you had on your card, together!

Put all the cards on the table, face down.

Take turns to turn over 2 cards at a time.

Have they got the same colour edge?

Then they're yours! You can try the

exercises together immediately,

or wait till the end of the game.

Every child develops at their own pace.

Each card lists variations of the exercise to make it easier, or more challenging.

See the cards as an invitation to play together, to move together, and most

of all to have a lot of fun together!

These cards have been created as part of a collaboration between a yoga teacher and physiotherapist.

These exercises are not a replacement for therapy or treatment.

The developers cannot be held responsible for any possible negative consequences which may occur as a result of using these cards. If you would like to know more about how the Wobbel can contribute to your child's development, then please contact a movement therapist or a Wobbelyoga teacher close to you.

Before using the Wobbel always keep in mind the general rules and warnings which are listed in your Wobbel instructions. Lost the instructions which came with your Wobbel?

You can find them on www.wobbel.eu.