For the complete download go to www.YourTherapySource.com/bilateralcoordination

Cross Crawls

Child's Name: _____ Date: _____ Date: _____









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
		000011010

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

