

Play Positions

All Four



Key Points

- On hands & knees
- Knees directly under hips
- Hands directly under shoulders
- Head up and forward

Criss Cross



Key Points

- Legs bent at knees and tucked in as far as comfortable
- Trunk in upright position

Stomach Lying



Key Points

- Propped on elbows
- Head independently supporting self

Side Lying



Key Points

- Elbow under shoulder
- Legs stacked on top of each other

Tall Kneel



Key Points

- Hips over knees
- Knees together, or no more than hips width apart