

# CAVE SYSTEM

The adult gets into various positions to make arches and holes for the child to squeeze through, climb over, or crawl under. Here are some positions to try out:

- ✓ curled over
- ✓ standing with legs apart
- ✓ bear position (on hands and feet, legs straight)
- ✓ crab position (on hands and feet, belly high up)
- ✓ on hands and knees
- ✓ Ballet position (standing with heels together, toes in opposite directions, knees bent)

For extra challenge, the adult can try to squeeze through the child's body positions?



Body perception and control

## Hoksausboksi