

Crab Pose

- Find a suitable space in the living room or garden
- This can be played with as many people as you like – adults and children
- Teach your family how to walk like a crab by placing their palms and feet to the floor while raising their stomach to the sky, with everyone staying in that pose let them see how long they can balance something small like a bean bag on their stomach.

Change and Challenge

- Challenge someone in your house to a crab race

