



**Note: Please supervise these activities with your child at all times.**

Name of Lesson/Programme:

### ***Crawling through a tunnel***

Yoga and Sensory Work  
Part 1: Sensory Activities  
Lesson Number: 9

#### **Purpose:**

To improve strength and movement.

#### **Materials Required:**

1. A tunnel

#### **How to:**

1. Place the tunnel on the ground. Again this can be done inside or outside.
2. Encourage the child to crawl on all fours through the tunnel.
3. Toys can be placed throughout the tunnel to encourage the child to crawl through
4. This can be repeated a few times.