

# SAIL Home Activity Program Level 1: SITTING TRACKER

Name: \_\_\_\_\_ START DATE: \_\_\_\_\_

DATE							
1. Toe and Heel Lifts							
2. Marching on the Spot							
3. Arm Raises & Breathing							
4. Letters in the Air							
5. Tap Dancing							
6. Buttock Walk							
7. Buttock Lifts & Sit to Stand							
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