CHECKLIST

Teaching Your Child a Forward Roll: Steps to Print

- [ ] Clear two metres of floor space in each direction
- [ ] Set up a soft surface that will not compress completely
- [ ] Show the tucked position while sitting
- [ ] Place hands flat on the mat, shoulder-width apart
- [ ] Check chin is tucked to chest
- [ ] Guide their shoulder to the mat as they tip forward
- [ ] Let them finish the roll without lifting them
- [ ] Watch for rolling onto the head instead of the upper back
- [ ] Stop if they complain of wrist or neck pain
- [ ] Let them show you when they feel ready, not when you ask