

# Tips From the Physical Therapist

## Enrichment Packet 1

Movement is very important for the health and wellness of our students. Daily activity helps boost balance, motor function, brain function, and cognition.

Here are some fun activities to do with your students.

### Getting Out of the Chair

Today's children spend much more time indoors engaged in sedentary activities. Without regular exercise that promotes balance, strength, and coordination, a child is at risk for weight gain and poor endurance. This means he/she may easily tire.



#### PRONE ON FOREARMS

Prone on forearms builds strength through a child's neck, back, and shoulders.



#### <<< 1/2 KNEEL

1/2 Kneel increases core strength and improves hip stability. Also prepares body for single limb stance.



#### <<< SQUAT

Playing in a squatted position works on balance and stretches a child's heel cord musculature.



#### LONG LEG SITTING

Long sit stretches a child's hamstring musculature and works on balance



#### <<< TALL KNEEL

Tall kneel strengthens hip extensors and works to improve core stability.



#### 2-POINT QUADRUPED

Hands and knees or 2-point quadruped works on core strength, hip and shoulder stability, weight shifting, and balance

### Balance, Coordination, and Strength

Try these activities with your child!

- Walk on a "balance beam".
- Wheelbarrow walks
- Jump on a trampoline
- Ride a bicycle
- Use a scooter
- Yoga
- Play catch & throw with a ball
- Kick a ball back & forth
- Play on swings & a slide
- Run around an athletic field, backyard, or park.
- Roll in the grass
- Hop on 1 or 2 feet
- Balance on 1 foot while brushing teeth.
- Jumping jacks