

Tips From the Physical Therapist

Enrichment Packet 3

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

Yoga is a great way to work on balance, coordination, and strength. It is also a great activity to do as before learning or in between lessons. Try these poses with your kids!



Star Pose



Frog Pose



Downward Dog



Boat Pose



Moon Pose



Tree Pose

Description: Hold each position for 3 to 5 breaths.

Star Pose: Feet apart, arms stretched out as far as they can.

Frog Pose: Squat down as low as you can, but keeping bottom off the ground.

Downward Dog: Place hands and feet on the ground. Stick butt up in the air. Bend knees if needed.

Boat Pose: This is a core exercise. Have child hold onto a chair or couch if they need more support.

Moon Pose: Stand tall, then lean to the right. Then lean to the left.

Tree Pose: Arms above head. Place right foot on left calf. Switch legs. Hold onto a chair for more support.

Links to other yoga videos: <https://family.gonoodle.com/activities/strengthen-your-focus>

Tips From the Physical Therapist

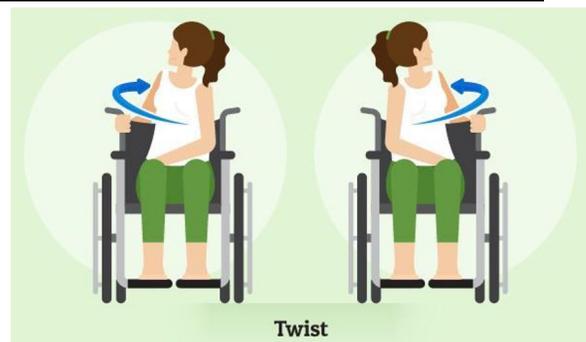
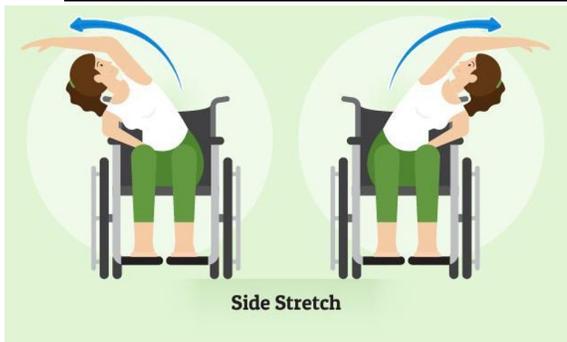
Enrichment Packet 3

Wheelchair Yoga



- Begin by holding on to your chair or placing your hands on your thighs
- Gently lift your head toward the ceiling as you inhale and expand through the front of your chest, carefully arching your back
- Continue breathing as you hold the pose for a few deep breaths

- Place your hands on your thighs or grip your chair
- Round your upper body forward as you exhale
- Arch your spine like a cat and drop your chin down toward your chest
- Hold the position for a few deep breaths then release



- Begin by lifting one arm up over your head as you inhale while your other arm rests for support
- Exhale as your stretching arm reaches as far as it can go over your head
- Continue breathing deeply as you hold the pose for about 3 to 5 breaths
- Inhale as you come back to the center and begin to do the same stretch for the other arm

- Inhale as you bring your right hand across to your left leg while using your opposite arm for support
- Exhale as you twist to look over your left shoulder
- Continue breathing as you hold the position for 3 to 5 breaths
- Carefully release the hold and gently switch to repeat the same steps for the opposite side