

## Activities at Home Resources:

### 94. Have a race in Animal Walks



Alberta Health  
Services

Children's Rehabilitation Services

## Animal Walks

Use animal walks to move from one place in the room to another, move through a tunnel, for a warm-up or to have relay races in the gym.

**Bunny Hop**  
Squat down. Reach hands forward, then bring feet towards hands.



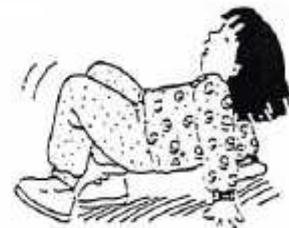
**Frog Jump**  
Place hands and feet on floor. Jump forward with legs. Take small jumps – it's tiring!



**Donkey Kicks**  
Place hands and feet on floor. Lean forward, putting all your weight through straight arms. Kick up both legs together.



**Crab Walk**  
Place hands and feet on floor, tummy up. Keep tummy flat. Walk forwards and backwards. Try moving head side to side. Raise and lower tummy, keeping arms still.



**Turtle Crawl**  
Move slowly on hands and knees. Keep back flat. Try placing something on your back as a shell (i.e. beanbag, place mat).



**Bear Walk**  
Place hands and feet on floor. Keep arms and legs straight. Move right arm and leg forward, the left.



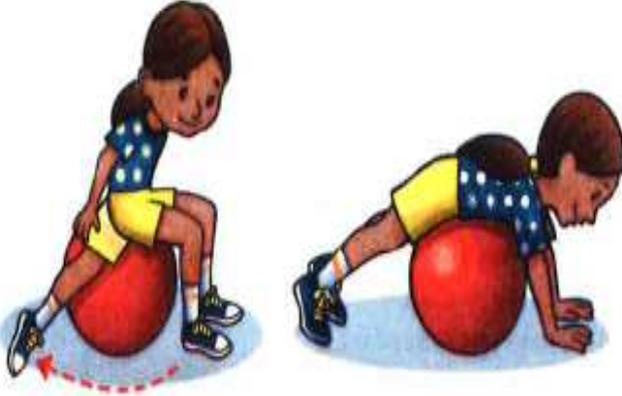
**Seal Walk**  
Lie on stomach, propped up on straight arms. Pull yourself across the floor using arms only.



## Activities at Home Resources:

### 95. Bounce on therapy ball

**Transformer**



©2010 Teach Diverse Publications

**Transformer**

**Therapeutic Benefits**

- Improves balance
- Strengthens core
- Encourages motor planning

**Directions**

1. Sit on a therapy ball.
2. Walk your right leg back.
3. Lean your body forward and place your right hand on the floor.
4. Walk your left leg back.
5. Place your left hand on the floor.

**Directions (Cont.)**

6. Adjust yourself on the ball until your tummy is on the ball and your hands and feet are on the ground.
7. Reverse the directions to return to a sitting position.

**Tip**

This activity works best with a smaller ball.



#B-115 • www.teachdiverse.com

**Rock Side to Side**



©2010 Teach Diverse Publications

**Therapy Ball Activities**

**Rock Side to Side**

**Therapeutic Benefits**

- Promotes upper extremity strength
- Strengthens core
- Improves balance

**Directions**

1. Lie on your tummy on a therapy ball. Place your hands on the floor a little wider apart than the ball.
2. Lean to your left side and catch your weight on your left hand. Your right hand and foot should be off the floor.
3. Now try it with your right side. Lean to your right side and catch your weight on your right hand. Your left hand and foot should be off the floor.

**Tips**

1. Monitor the child's body mechanics during this activity, especially hyperextension at the elbows. If this occurs, ask child to internally rotate the arm (turn his/her fingers in toward body) and keep elbows slightly bent.
2. This activity teaches children proper techniques for balancing and moving on the therapy ball in the prone position. Once the child has mastered this activity and Activity 24, *Rock Back and Forth*, he/she is ready to move on to the rest of the Prone Activities.

#B-115 • www.teachdiverse.com

**Rock Back and Forth**



©2010 Teach Diverse Publications

**Therapy Ball Activities**

**Rock Back and Forth**

**Therapeutic Benefits**

- Promotes upper extremity strength
- Strengthens core
- Improves balance
- Facilitates prone extension
- Provides inversion

**Directions**

1. Lie on your tummy on a therapy ball with your arms straight out in front of you.
2. Push off the floor with your feet until your hands touch the floor. Keep your elbows straight and your palms flat on the floor.
3. Now gently push off the floor with your hands and back onto your feet.

**Directions (Cont.)**

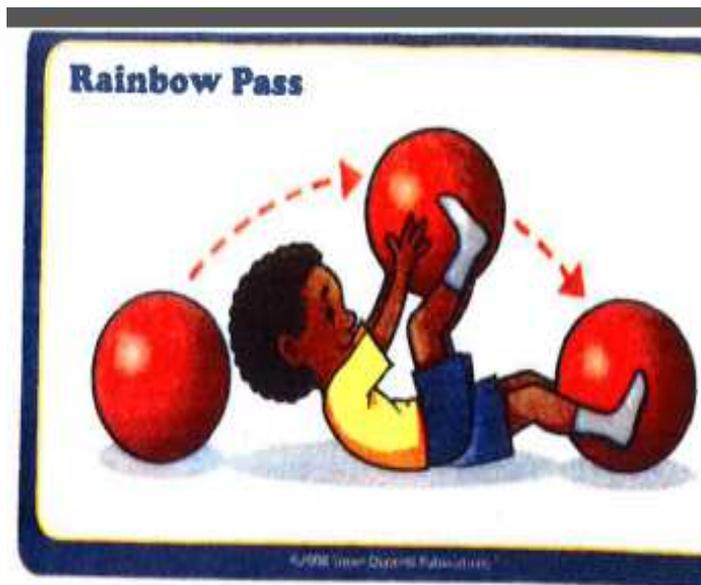
4. Keep going back and forth; remember to keep your arms straight.

**Tips**

1. Monitor the child's body mechanics during this activity, especially hyperextension at the elbows. If this occurs, ask child to internally rotate the arm (turn his/her fingers in toward body) and keep elbows slightly bent.
2. This activity teaches children proper techniques for balancing and moving on the therapy ball in the prone position. Once the child has mastered this activity and Activity 23, *Rock Side to Side*, he/she is ready to move on to the rest of the Prone Activities.

#B-115 • www.teachdiverse.com

## Activities at Home Resources:



**Therapy Ball Activities**

### Rainbow Pass

**Therapeutic Benefits**

- Strengthens core
- Encourages motor planning

**Directions**

1. Lie on your back on the floor with your arms extended on the floor alongside your head.
2. Ask a grown-up to place a therapy ball in your hands.
3. Keep your elbows straight and lift the ball over your head.
4. Lift your legs and sitting up slightly, open your legs, and place the ball between them down near your feet. Let go of the ball with your hands

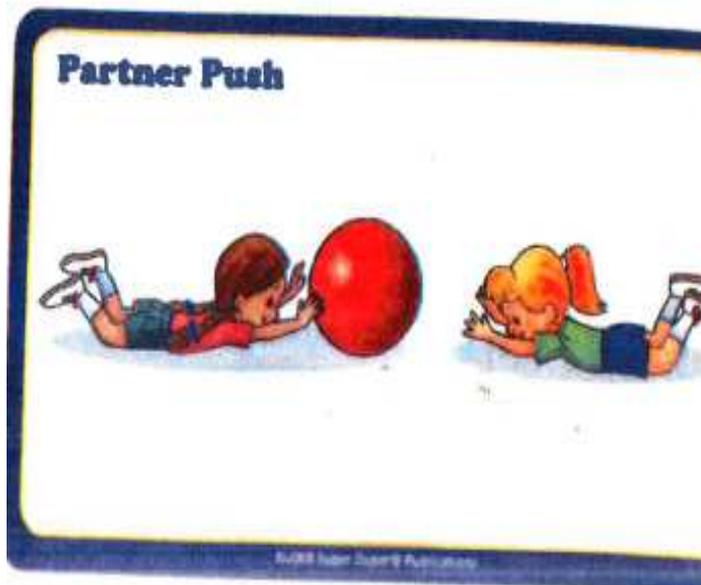
**Directions (Cont.)**

5. Lower your legs to the ground.
6. Bring the ball back up to your hands by reversing the directions.

**Tip**

Several children can do this activity at the same time. Have children lie in a line head to feet. First child completes activity, but instead of trying to bring ball back up to hands, second child grabs ball from the feet of the first child and completes the activity. Continue until all children have had a turn.

#D-11 • www.simonschuster.com



**Therapy Ball Activities**

### Partner Push

**Therapeutic Benefits**

- Strengthens core
- Facilitates prone extension
- Encourages social interaction

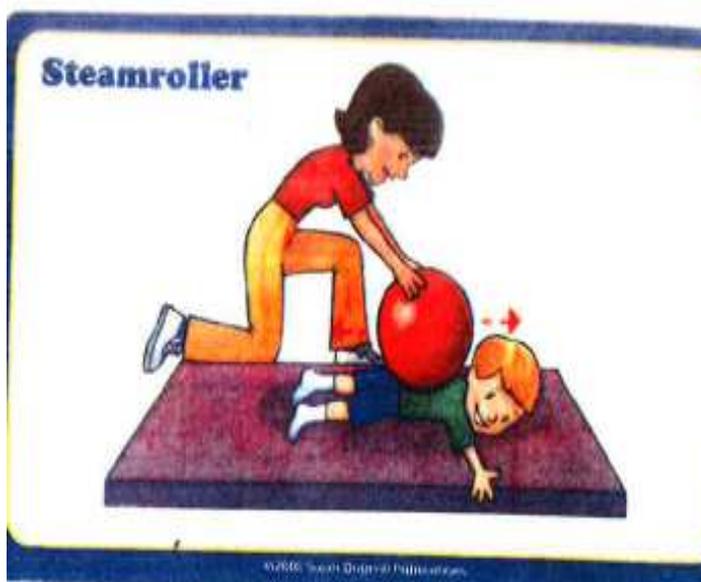
**Directions**

1. Lie on your tummy on the floor.
2. Lift your arms and legs like a superhero.
3. Ask your partner to lie the same way.
4. Push the ball to your partner.
5. Ask your partner to turn to push the ball back to you.

**Tips**

1. The partner in this exercise can be the therapist or another student. The partner receives the same therapeutic benefits from this activity.
2. Monitor the child's body mechanics during this activity; encourage child to keep proper spinal alignment and refrain from overarching the back (spine should maintain neutral "S" curve in extended position).

#D-12 • www.simonschuster.com



**Therapy Ball Activities**

### Steamroller

**Therapeutic Benefits**

- Improves body awareness
- Tends to be calming
- Provides deep touch pressure

**Set Up/Materials**

You will need a padded surface, such as a gym mat, for this activity.

**Directions**

1. Take off your shoes.
2. Lie on your tummy in the middle of a mat.
3. Ask your partner to roll a therapy ball over you, starting at the top of your back all the way down to your toes. Ask your partner to press hard with

**Directions (Cont.)**

- the ball when he/she rolls the ball in this direction.
4. Now ask your partner to roll the ball back up, from your toes to the top of your back. Ask your partner to press softly when he/she rolls the ball in this direction.
5. Repeat the sequence. Never roll the head.

**Tip**

The partner in this exercise can be the therapist or another student. Rolling the ball provides the partner with proprioceptive input as well as improving ability to grade the force of his/her movements.

#D-13 • www.simonschuster.com

## Activities at Home Resources:

### Spin



©2009 Super Duper Publications

### Therapy Ball Activities

### Spin

37

#### Therapeutic Benefits

- Improves balance
- Strengthens core
- Encourages motor planning
- Provides vestibular input

#### Directions

1. Lie on your tummy on a therapy ball.
2. Gently push off the floor with your feet until your hands touch the floor. Make sure your elbows are straight and your hands are open with your palms flat on the floor.
3. Walk your hands along the floor to turn yourself in a circle.

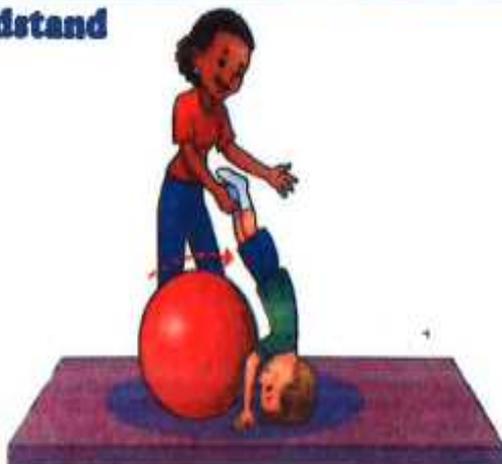
#### Tip

This activity works best on a non-carpeted, hard surface.



#D-111 • www.superduper.com

### Headstand



©2009 Super Duper Publications

### Therapy Ball Activities

### Headstand

38

**Caution!** Please make sure your child has clearance from his/her doctor before attempting this activity.

#### Therapeutic Benefits

- Strengthens the muscles of the neck, back, and shoulders
- Improves motor planning
- Provides vestibular input

#### Set Up/Materials

1. Place therapy ball on a padded surface such as a gym mat.
2. Help the child rock back and forth on the therapy ball. When the child is in the forward position with his/her head near the mat, help him/her into a headstand.

#### Directions

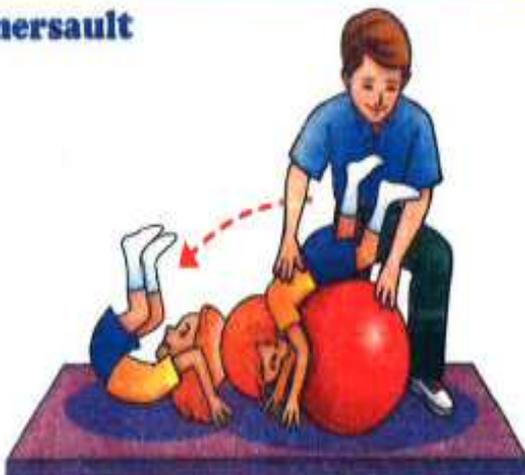
1. Lie on your tummy on a therapy ball. Ask a grown-up to help you rock back and forth on the ball.
2. When your head is near the mat, place your hands flat on the floor.
3. Bend your elbows and place the top of your head on the floor between your hands.
4. When you are ready, ask a grown-up to help lift your legs up straight.
5. Do not stay in this position longer than 45 seconds.

#### Tip

This activity works best with a larger therapy ball.

#D-111 • www.superduper.com

### Somersault



©2009 Super Duper Publications

### Therapy Ball Activities

### Somersault

39

**Caution!** Please make sure your child has clearance from his/her doctor before attempting this activity.

#### Therapeutic Benefits

- Strengthens trunk muscles
- Improves motor planning
- Provides vestibular input

#### Set Up/Materials

1. Place therapy ball on a padded surface such as a gym mat.
2. Help the child rock back and forth on the therapy ball.

#### Set Up/Materials (Cont.)

3. When the child is in the forward position with his/her head near the mat, help him/her do a forward roll off the therapy ball.

#### Directions

1. Lie on your tummy on a therapy ball.
2. Ask a grown-up to help you rock back and forth on the ball.
3. When your head is near the mat, place your hands flat on the floor and tuck your head.
4. Roll forward off the ball to do a somersault.

#D-111 • www.superduper.com

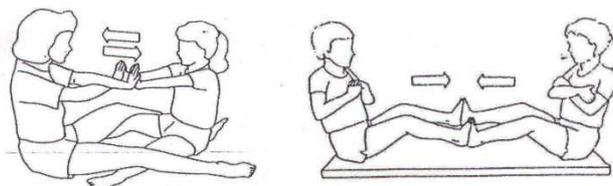
## Activities at Home Resources:

### 100. Tug of war/Push of war

- a) **Tug of war:** Partners standing or kneeling, pull blanket or towel until one person wins

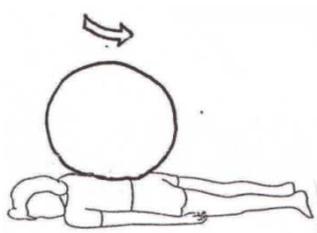


- b) **Push of war:** sit opposite a partner and push hands or feet together

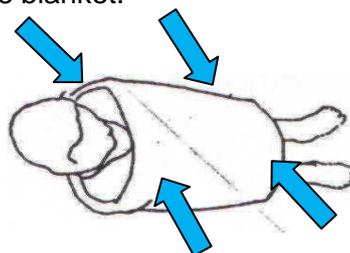


### 101. Steam roller/Hot dog

- a) **Steam roller:** Child lies on his/her belly and roll large ball (eg: **gym ball**/therapy ball over them) this provides deep pressure and helps to regulate the nervous system.
- o Another example of this; The child lies down on a jumbo cushion or pillow (on their belly) and another cushion is placed on top (not on the face) and gentle firm pressure can be given by an adult in addition to the weight of the cushion.



- b) **Hot dog:** Roll child up in a blanket tightly, they should lie on their belly. Provide deep pressure touch by gently squeezing along the sides of the blanket.



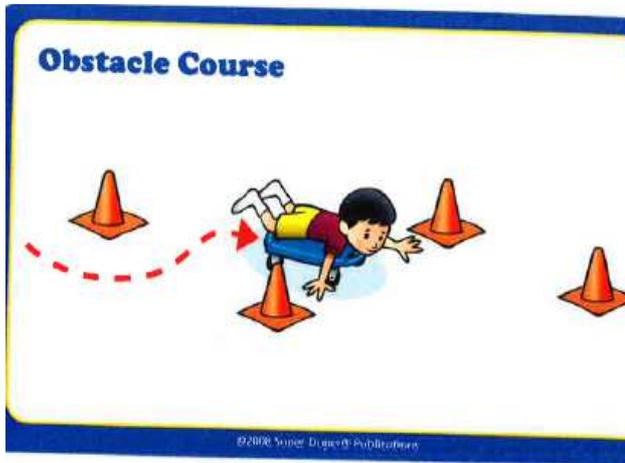
#### Something to note

Activities **100 (a) and (b)** and **101 (a) and (b)** provide the body with *Deep Pressure Touch*.

- Deep pressure touch is very calming and modulating. It should be slow and firm. Sudden light and unexpected touch is very disorganising to a child with sensory defensiveness.
- It is important that these activities are introduced with an element of choice and not forced on the child. There are plenty to choose from, the main thing is to keep them fun and they should be self-motivating. Start with those activities, which a child would like the most
- Try these in the evening as part of the bedtime routine for calming. Input for the proprioceptive system and deep pressure touch, can be calming and relaxing.

## Activities at Home Resources:

### 103. Play fun games using a scooterboard/skateboard.



**Scooter Board Activities For Kids!**

### Obstacle Course 16

**Therapeutic Benefits**

- Strengthens core and upper body
- Facilitates prone extension
- Provides vestibular input
- Improves spatial awareness

**Set Up/Materials**

Place three to five cones or 2-liter bottles half filled with sand on the floor, making an obstacle course.

**Directions**

1. Lie on your tummy on the scooter board.
2. Use your hands to push yourself around the cones.
3. Go as fast as you can and ask a grown-up to time you. See if you can beat your time!

**Tip**

As child progresses, place cones closer together to require more maneuvering.

#FD-112 • www.superduperinc.com



**Scooter Board Activities For Kids!**

### Leg Blastoff 1

**Therapeutic Benefits**

- Strengthens core and lower body
- Facilitates supine flexion
- Provides vestibular and proprioceptive input
- Improves motor planning and timing

**Set Up/Materials**

Place a mat against a wall for protection.

**Directions**

1. Lie on your back on the scooter board.
2. Bend your knees and flex your feet.
3. Ask a grown-up to push you towards a wall.
4. Push away from the wall with your feet.
5. Continue going back and forth.

**Tip**

If the child cannot maintain his/her position, place a small inner tube on the scooter board.

#FD-112 • www.superduperinc.com



**Scooter Board Activities For Kids!**

### Wash Day 5

**Therapeutic Benefits**

- Strengthens core
- Facilitates supine flexion
- Provides vestibular input
- Improves bilateral coordination and motor planning
- Increases convergence of the eyes (used when reading)

**Set Up/Materials**

1. Tie at least 6 feet of rope 1-2 feet above the floor between two stable points.
2. Place three to ten clothespins along the rope.

**Set Up/Materials (Cont.)**

3. Place a 3-6 inch diameter bowl just below the child's rib cage. The placement and size of the bowl encourages optimal flexion.

**Directions**

1. Lie on your back on the scooter board.
2. Tighten tummy and lift feet off the floor. Place the bowl on your tummy.
3. Bend your knees and bring them in towards your tummy to hold the bowl.
4. Pull yourself along the rope using your hands. Remove the clothespins and place them in the bowl.

#FD-112 • www.superduperinc.com