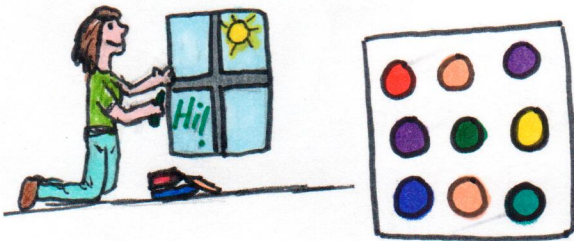
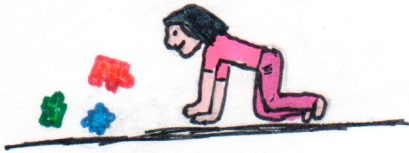


CORE STRENGTHENING ACTIVITIES

Your core is made up of the muscles in the center of your body (abdomen, lower back, and pelvis). These muscles work together to provide stability, balance, and postural control to keep you from falling, support you in movement, and to keep you upright. Adding core strengthening activities throughout a child's day can help prevent a weak core which can lead to poor balance, poor posture, ineffective movements, lower back pain, and it can even cause problems with writing. For all movements (including writing, eating, bending over) your body relies on core strength to stabilize in the center so movements can be made safely and efficiently. Here are some fun ways to sneak core strengthening activities into your child's daily schedule.



Indoor Games & Fun Activities

- Kneeling (at a low table for crafts or tall kneeling to write on white board)
- Play Giant Jenga
- Floor puzzle in quadruped (kneeling with hands on floor)
- Twister
- Charades
- Draw pictures on windows using dry-erase crayons or markers
- Build a fort with pillows, heavy blankets, and cushions
- Play, read, write in prone (lie on stomach with elbows bent and resting on forearms)
- Duels with inflatable swords or light sabers
- Foot Wars (Lye on your back with hips and knees bent at 90 degrees. A friend/parent mirrors this pose and soles of your feet should be touching. Now count down and both people push feet to try making your legs straighten out. Whoever's legs are straight first, wins!)
- Airplane (Lye on your back and bend your hips to 90 degrees so you can straighten your legs with feet pointing up. Pick a large stuffed animal to put on your feet and give them a plane ride. Try not to let the toy fall!)

Obstacle Course Activities

- Balance beam
- Wheelbarrow walk
- Stand/Hop on one foot
- Log roll (keep body straight)
- Scooter (sitting or prone)
- Stepping stones (walk across)
- Cartwheels
- Summersaults
- High-knee marching
- Walk on tippy-toes

