**Home Assignment**

**Occupational Therapy and Physical Therapy Department**

**Balance and Coordination**

(Sitting, standing, moving safely at school)

TO:  Parent/Guardian of _____________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

**Home Activity: Animal Walks**

**Materials Needed:** None

**How to do Home Activity:**

1. Can be practiced to music, in place of walking/running, etc.
2. Have child imitate the walk of various animals, e.g., “Bear” (crawling on all fours), “Duck” (waddling in squat position), “Bird” (flying on tip toes), “Elephant” (bending over and swinging arms like trunk), “Monkey” (scurrying around on all fours), “Bunny” (hopping on all fours), “Inchworm”, (on hands and feet, walk feet toward hands and then hands away from feet in an inching movement), “Mule” (on hands and feet, kick both feet up simultaneously), “Crab” (on hands and feet, walk sideways), “Horse” (prance on feet), and “Seal” (keep legs extended and walk on hands).

**How often:**

**Different ways to do Activity:**

- Once child has learned all the animals, play “charades” – guess which animal I am

***CAUTION:*** Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, **STOP**. Please contact your school site’s physical therapist. ***
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO: Parent/Guardian of _____________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

Home Activity: Around the World

Materials Needed: 4 cones or empty 2-liter plastic bottles, square marker (piece of colored paper or something to stand on)

How to do Home Activity:
1. Have child stand on marker (so he/she doesn’t move).
2. Place cone/bottle in front, right side, left side, and behind the child (within kicking distance).
3. Child needs to use leg closest to the cone/bottle to kick it over.
4. Have child kick all 4 cones/bottles over. If she/he misses one, continue with that leg until she/he gets it.

How often:

Different ways to do Activity:
- If child uses a walker, place cones/bottles so child can kick while holding onto walker
- Can use heavier items to make it more challenging, e.g., put some water or sand in soda bottles and replace the cap
- Can place bells or items which make noise if desired so child can hear when the bottle falls

***CAUTION: Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, STOP. Please contact your school site’s physical therapist. ***
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO: Parent/Guardian of _____________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

Home Activity: Bean Bag Pick-up

Materials Needed: Bean bags, socks, marbles

How to do Home Activity:
1. Have child take off shoes and socks.
2. Place bean bags, socks, marbles, etc., on the floor.
3. Have child pick up objects with toes and place in specified area (circle, bowl, bucket, etc.) while maintaining balance on other leg.

How often:

Different ways to do Activity:
- Use smaller objects, (marbles)
- Use larger bowl, (higher) to increase challenge for balance
- Make it a "bowling", or target game, different points based on challenge level

***CAUTION: Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, STOP. Please contact your school site’s physical therapist. ***
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO: Parent/Guardian of ________________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

**Home Activity: Hot Potato**

**Materials Needed:** 1 8”-12” ball, wall, and the floor

**How to do Home Activity:**
1. Have child stand with feet shoulder width apart, with back against the wall, standing erect.
2. Gently toss ball underhand to child against the wall.
3. Have child catch using outstretched hands.
4. Have child toss to partner using underhand fashion.
5. Pick up tempo via toss/catch as quick as possible.

**How often:**

**Different ways to do Activity:**
- Perform wall sit during activity
- Stand on one leg with support under foot
- Bounce ball
- Challenge balance by throwing to right, left, overhead, etc

***CAUTION:*** Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, STOP. Please contact your school site’s physical therapist. ***

Rev 3/20/20
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO: Parent/Guardian of _____________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

<table>
<thead>
<tr>
<th>Home Activity: Obstacle Course</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Materials Needed:</strong> Standard pillows, couch cushions, ball, bean bags, and/or plastic cones</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How to do Home Activity:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Set up bean bags, cones, and balls every 4 feet in a straight line.</td>
</tr>
<tr>
<td>2. Demonstrate desired pathway through objects in a figure 8 pattern.</td>
</tr>
<tr>
<td>3. Have child travel/motor through obstacle course in a variety of positions, i.e., crawl, crab walk, walk forward/backwards, sideways, etc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How often:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Different ways to do Activity:</th>
</tr>
</thead>
<tbody>
<tr>
<td>– Have child crawl over/under objects (couch cushions)</td>
</tr>
<tr>
<td>– Keep running time, and try to “beat” last time</td>
</tr>
<tr>
<td>– Have child push, carry, or kick a ball through figure 8 obstacle course</td>
</tr>
<tr>
<td>– Increase challenge level, by placing cones closer together</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Safety Precautions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>– Ensure adult is present to supervise</td>
</tr>
<tr>
<td>– Ensure child knows the rules of the obstacle course</td>
</tr>
<tr>
<td>– Remove wobbly furniture with sharp edges, hard surfaces from obstacle course area</td>
</tr>
<tr>
<td>– Remove area rug</td>
</tr>
<tr>
<td>– No socks on hard surfaces due to slipping</td>
</tr>
</tbody>
</table>

***CAUTION:*** Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, **STOP**. Please contact your school site’s physical therapist. ***

Rev 3/20/20

Balance and Coordination

- Property of LAUSD for use by District personnel and students only -
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO: Parent/Guardian of _____________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

Home Activity: Puzzle Squats

Materials Needed: Favorite Puzzle, table

How to do Home Activity:
1. Place completed puzzle on table.
2. Disassemble puzzle piece by piece and place each piece on floor by slowly squatting to floor. Return to standing position for next piece.
3. Continue until all pieces are on floor.
4. Assemble puzzle by squatting down and picking up one piece at a time.
5. Put puzzle together on tabletop.

How often:

Different ways to do Activity:
- Perform same puzzle activity in a variety of positions, e.g., kneeling, half kneeling
- Stand on one leg
- Keep running time and try for personal record

***CAUTION: Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, STOP. Please contact your school site’s physical therapist. ***
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO: Parent/Guardian of ______________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

Home Activity: Scavenger Hunt

Materials Needed: Various household items of various size and weight, paper, pencil, timer (or stop watch)

How to do Home Activity:
1. Make a list of various household items for child to locate in one room.
2. Place these items strategically around the room.
3. Review list with child as needed to make sure he/she can read the list.
4. Set time and say “go”.
5. When time is up, see how many items the child could locate.
6. Give child a reward for completing list.

How often:

Different ways to do Activity:
- Give child pictures of items for children who aren’t yet reading
- Place some items above level of child’s head to improve balance and strength

***CAUTION: Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, STOP. Please contact your school site’s physical therapist. ***

Rev 3/20/20

Balance and Coordination
Home Assignment
Occupational Therapy and Physical Therapy Department
Balance and Coordination
(Sitting, standing, moving safely at school)

TO:  Parent/Guardian of _______________________________

To help your child meet his/her individualized IEP goals, I am providing exercises/activities that you may do at home with your child in the area of balance and coordination. Children with balance and coordination problems often have difficulty in the following areas: maintaining balance when pushed or bumped, sitting on a bench or chair, standing, getting up from sitting, climbing stairs or jungle gym, or walking while carrying a lunch tray. By doing this activity with your child, you are helping your child improve balance and coordination for better classroom performance.

**Home Activity: Walker Soccer**

**Materials Needed:** 2 chairs or any other object to define a goal; rubber ball, soccer ball, or playground ball

**How to do Home Activity:**
1. Set up “goal posts” to define the goal area.
2. Position child in walker about 5 feet away from the goal.
3. Kick (stationary) ball toward goal.

**How often:**

**Different ways to do Activity:**
- Decrease support by having child hold on to walker with one hand
- Vary distance to goal
- Vary distance between goal posts
- Vary ball size
- Roll ball to child

***CAUTION: Your child’s safety comes first. If your child is overly tired or uncomfortable during or after doing this home assignment, STOP. Please contact your school site’s physical therapist. ***

Rev 3/20/20
Balance and Coordination

- Property of LAUSD for use by District personnel and students only -