



Balance &
Coordination

Physical Therapy Home Activities

Low to High Sitting

Targeted Skills:

Strengthening, balance

Materials:

- Blanket, towel, or pillow

Directions:

1. A folded blanket or towel may be placed on the floor for your child to kneel on for comfort.
2. Start with the student kneeling with their bottom resting on their feet next to a wall.
3. Have them pick up an object from the floor in front of them and lift their bottom up off their feet and place it in a container you are holding in front of them.





Physical Therapy Home Activities

Low to High Sitting

Modifications to Activity:

To make it less challenging:

- Place the student next to a chair or the couch to give them something to push off of or by providing your hand to hold and pull up with.
- Have the student start kneeling on a pillow or roller blanket. It will be easier if the item creates more space between their feet and bottom.



To make it more challenging:

- Perform the activity in an open space without anything to hold onto for support.

How to Incorporate into Educational Routines:

- This can be done to work on puzzles or shape sorters and to practice prepositions (e.g. in, out, up, down).

Additional Information:

- This activity is focused on strengthening the muscles of the hips and thighs, while also allowing practice using the muscles of the trunk to stabilize and balance.



Physical Therapy Home Activities

Marching

Targeted Skills:

Trunk strengthening, balance, coordination

Materials:

- Chair

Directions:

1. Have student sit in chair or wheelchair.
2. Student will lift one knee up as high as they can and return it to the resting position.
3. Alternate legs trying to get the knee as high as possible.
4. Play music or pretend you are marching to the zoo, park, or grocery store while playing the game.



Modifications to Activity:

- Activity can be done in standing to make it harder, holding on to a stable surface for balance as needed.
- Have student slow march by holding each leg up for a count of 3-5 seconds.

How to Incorporate into Educational Routines:

- You can do this activity with pretend play to march to a destination or with a dance party.
- This can be a movement break for older students from their school work.



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Physical Therapy Home Activities

Walk, Fly, Drive

Targeted Skills:

Balance, transfers, coordination

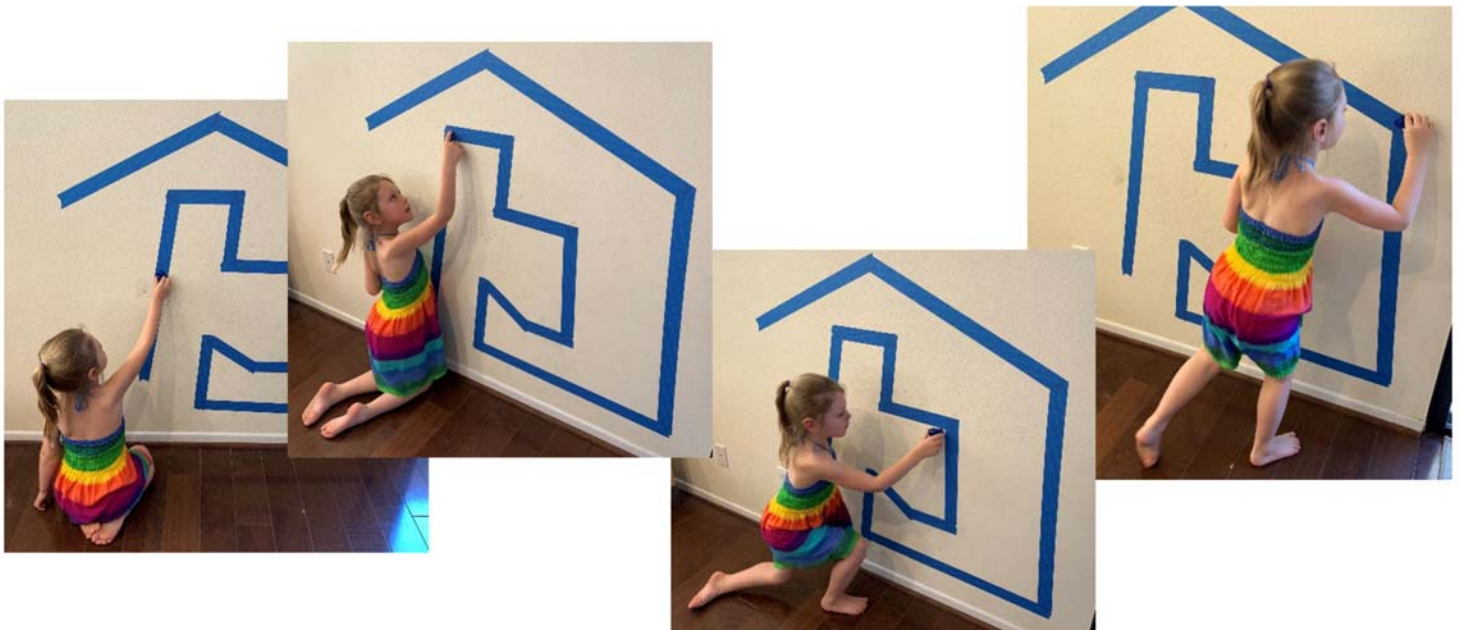
Materials:

- Painter's tape (will not leave marks on wall)
- Small toy car or person

SAFETY FIRST: Have an adult stand next to your child throughout the activity and help them move between positions if they need help.

Directions:

1. Create a pattern on a wall with the painter's tape like a track to drive the toy car or person around. Make sure there are low and high parts so your child will be encouraged to sit and stand.
2. Have your child start at one spot and drive their toy on the track to the end.
3. Help your child move between positions by providing them a hand to hold or you hold on at their hips to help support them.





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Physical Therapy Home Activities

Walk, Fly, Drive

Modifications to Activity:

- Your child can use a bird or a butterfly to fly around the track or a toy person to walk around the track. Make sure none of the toys will mark the wall.
- Activity can be done in a wheelchair or chair and have your child reach as far down and up as they can safely go.



How to Incorporate into Educational Routines:

- Your child can count the number of times the toy makes it to the end of the track
- Work on identifying colors with different colored toys and saying "It's red's turn to go."
- This can be a fun game with siblings or family to race the toys



Physical Therapy Home Activities

Wake Up Break

Targeted Skills:

- Positioning
- Range of motion

Materials:

- Chair

Directions:

1. EXTENDED MOUNTAIN POSE: Sit comfortably on your chair with your feet flat on the ground, look up, take your arms straight up to the sky and touch your palms together. Hold the position for 30 seconds.



2. CHILD'S POSE: Sit back on your chair, slowly bend your upper body to rest on your thighs, rest your arms down towards the floor, and take a few deep breaths. Hold the position for 30 seconds.



Adult should be standing next to student at all times and appropriate supports should be in place to prevent student from falling out of chair

3. SEATED TWIST POSE: Sit upright in your chair. Check that your spine is straight and your feet are flat on the ground. Twist your upper body to the right. Take your right hand to your left knee and your left hand back behind the chair. Repeat on the other side. Hold the position for 30 seconds.

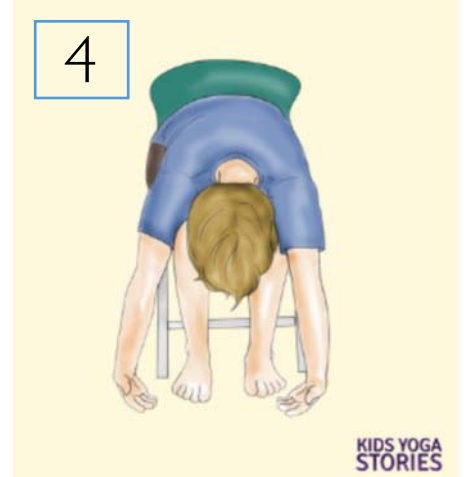




Directions (continued):

4. PIGEON POSE: Sit tall with your feet flat on the ground. Bend your right leg and place your right ankle on your left knee. Place your left hand on your right foot and your right hand on your right knee. Switch sides and repeat the steps. Hold the position for 30 seconds.

If student's movement is limited you can support the leg with an adult holding it or pillows as needed



5. Hold each position for approximately 30 seconds and repeat each stretch 2-3 times.

Modifications to the Activity:

- Stretches can be performed while standing or sitting on the floor.
- An adult can help the student get in or hold the position for the recommended time.

How to Incorporate into Educational Routines:

- Stretches can be done throughout the day as a break from schoolwork
- Stretches can be done at the beginning/end of the day to help get ready for schoolwork or to relax after schoolwork is completed

Additional Parent Resources:

- [Kids Yoga Stories](#)