

CORE & LEG STRENGTH

The following activities are fun ways to play and build core and leg strength. These activities should be included in daily routines and practiced regularly to improve strength and endurance. Always provide appropriate supervision and offer assistance only as needed. The use of supportive shoes is encouraged in order to provide a stable base of support. Remember to practice on both sides of the body when appropriate (each leg, each hand).

Walking Games:

- Backwards, sideways in both directions
- Up hills, ramps or other inclines
- Pulling toys/wagon
- On heels with toes up
- Marching lifting knees up high

Crawling Games:

- On hands and knees on the ground, through tunnels, up inclines or over obstacles
- Army crawling (using arms and legs) on their tummy

Climbing Games:

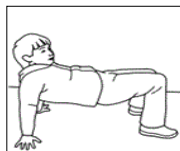
- Up a slide (when it is safe to do so)
- On/off furniture, wall ladder, climbing structures

Resistance Activities:

- Pushing/pulling open doors with 2 hands
- Pushing/pulling weighted objects such as a wagon or chair

Animal Games:

- Walk like a bear (bottom up), crab (hands and feet with bottom off the ground)



- Frog jumping (squat down then jump forward)
- Crawl on all fours like a puppy
- Slither like a snake or walk like a penguin (on heels)

Other Games:

- Rolling from back to belly and belly to back in both directions
- Playing in a squat position or going from squat to stand repeatedly
- Bridging (lying on your back and raise your bottom up to pass a toy car underneath)



- Superman position (lying on tummy, encourage them to lift their legs and arms off the floor)



- Follow moves to songs (i.e. Hokey Pokey, If you're happy and you know it, Wheels on the bus)
- Parachute games, Simon Says or Follow the Leader
- Set up obstacle course to encourage stepping on/off, over/around, under/over
- Community activities like swimming, gymnastics, martial arts

Remember to have fun together and be creative!

If your child complains of any pain or discomfort with the above mentioned activities, please consult your Health Care Provider.