

## Home Exercises and Activities from the OT/PT Department #14



**Balance:**

Put a piece of string, or tape on the floor and have your child walk on it without stepping off.



**Hand Strengthening:** Crumple Paper and have a pretend snowball fight, or crumple and toss to recycle old newspapers. Try crumpling the paper with just one hand and make it as tight as you can for a super challenge.

