

## Home Exercises and Activities from the OT/PT Department #5



### **Core Strengthening:**

Play pass the ball using only feet.



**Heavy Work in the Yard:** Have your child help with raking and cleaning up leaves, jumping in leaves, shovel snow, build a snowman, pull the hose out to water plants or set up for sprinkler, push the wheelbarrow

*Heavy Work is great for strengthening your body as well as an organizing your nervous system. It will have a calming effect if over stimulated and an arousal effect if under stimulated.*