

Home Exercises and Activities from the OT/PT Department #1

SUPINE FLEXION



Core Strengthening:

Lift feet, hug body, and lift head for the “Bug” pose.



Heavy Work Chores to incorporate at home:

Have your child help to bring in the groceries, vacuum the floor, scrub the tables or walls, water plants with a water can.

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

Home Exercises and Activities from the OT/PT Department #2



Core Strengthening:

Lay child on belly on a ball and have them pick up objects and put them in a container. If you do not have access to a ball you can use furniture.



Heavy Work at the Playground: Bring your child to the playground and have them climb up and down the ladders, hang from the monkey bars, and dig in the sandbox.

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.