

## Home Exercises and Activities from the OT/PT Department #4



### **Core Strengthening:**

Have child lay on belly for “superman”. Have them lift arms and legs up with knees straight.

**Heavy Work Games to Play:** Tug-O-War using a twisted up towel or sheet, Wheelbarrow walk, Create an obstacle course with piles of couch cushions to climb over, tables and chairs to climb under and logrolling (can incorporate some homemade pins with empty bottles and make it a log rolling bowling game)



*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.*