

Moody School OT/PT Home Exercise Program

Have your child lie on the floor, on their belly. Push a ball back and forth with a parent or sibling. Head should be off of the floor! To make it a bit more challenging, place a pillow under their belly.



Chores for strengthening! Help around the house with chores such as carrying groceries, putting laundry in the washer or dryer, carrying the laundry basket with clothes in it, carrying the laundry detergent bottle or a jug of milk to the table, and/or putting cans away in the cabinet.