

Moody School OT/PT Home exercise program

Angry Turtle: Lie on back, lift head and feet of the ground (curl up). Thrash arms and legs and/or try rocking side to side all while feet and head are off the ground.



Playdoh "hide and seek" Hide small objects (beads, coins, marbles, etc) into the playdoh. Squeeze the playdoh to locate the items and then pull them out by only using your thumb and index finger.

