

Heavy work activities



Or practice a puzzle



Wheelbarrow walk



Lift one leg and the opposite hand,
keep balance for 10 seconds

PRONE
EXTENSION



Keep position as long as you can

Crab Pose



Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down along your body, tuck your chin into your chest, and lift up your bottom and back to create a bridge.

Walk like a crab

Frog Pose



Come down to a squat, and waddle like a duck.

Jump like a frog



Chair push-ups



Organise chairs in classroom
(lift chairs, don't drag)



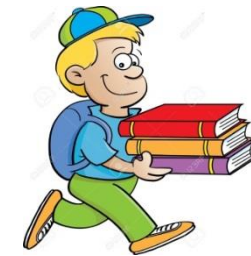
Wear wrist bands



Erase board



Ride a scooter board
on your tummy



Carry a pile of books

Deep pressure activities



Sit on air cushion



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Squeeze hand grippers



Squeeze a small rubber ball



Use weighted lap pad



Squash under a large ball
(physio ball)



Roll large ball on back



Play Catch



Jump on trampoline



Bounce on a bouncing ball



10 Jumping jacks

