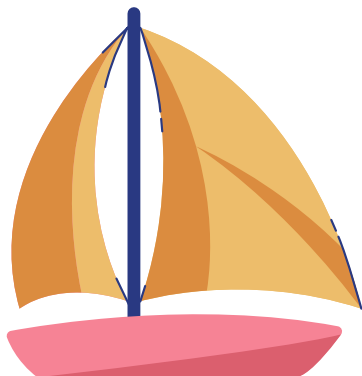
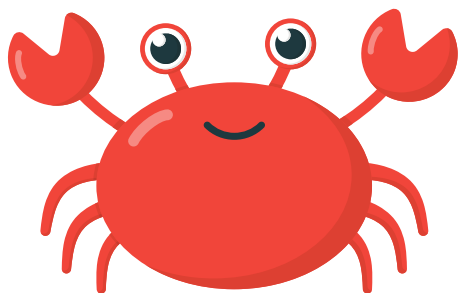


CORE STRENGTH ACTIVITY CARDS

Instructions: Print the following pages double sided, laminate, then cut each card out. Pick a card, then do the activity for a designated amount of time or reps.



Crab walk - start by sitting down on the floor with knees bent and feet resting on the floor. Place your hands on the floor behind you and lift your bottom off the floor and try to walk around the room.

PROJECT **PLAY**
THERAPY

Bridge Pose - begin by lying on your back, bend your knees, and place your feet directly on the ground about hip width apart. Keeping your head, shoulders, and feet on the ground, lift your hips up off the ground and hold, then lower back down.

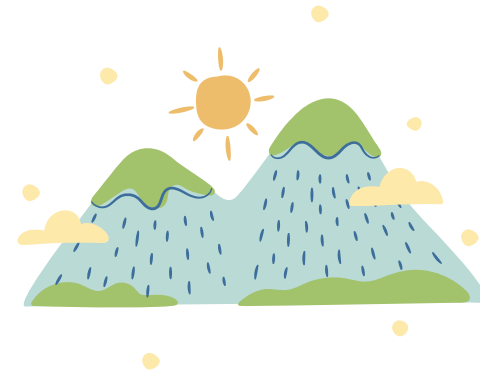
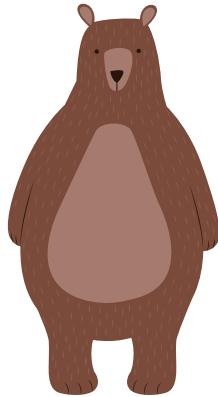
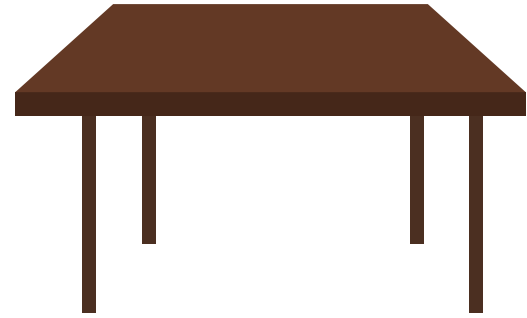
PROJECT **PLAY**
THERAPY

Boat Pose - start by sitting on the ground with knees bent and feet on the floor. Slowly lift both feet off the floor while trying to maintain balance with arms extended toward your feet.

PROJECT **PLAY**
THERAPY

Superman - start by lying on your belly with arms and legs extended outwards. Lift arms, head, chest, and legs up off the floor and hold.

PROJECT **PLAY**
THERAPY



Sit ups - begin lying on your back, bend knees and place feet directly on the floor. Move to a sitting position without using your hands and then lower back down to your back. You may anchor your child's feet and assist as needed. For added fun, you can add in a ball toss at top of sit up.

PROJECT PLAY
THERAPY

Table top - begin on your hands and knees. If this is a challenge, practice maintaining position or rocking in and out of it. If exercise seems easy, add a challenge by encouraging your child to reach for a toy while maintaining the hands and knees position.

PROJECT PLAY
THERAPY

Bear walk - start on all fours with hands and knees on the floor. Lift your knees up off the floor and walk around on all fours like a bear.

PROJECT PLAY
THERAPY

Mountain climbers - assume plank position. Maintain position while alternating pulling your knee in towards your chest.

PROJECT PLAY
THERAPY

Planks - can be done against a wall or on the floor. Place hands directly under shoulders and legs stretched out with feet hip width apart, keep hips off the ground and hold position on hands and toes.

PROJECT PLAY
THERAPY

Standing on one leg - start by standing with both feet on the ground. Lift one foot off the ground and try to maintain balance without using your hands for support. Repeat on the other leg. Modifications can include a child holding onto a surface for support while lifting foot off the ground if your child is unable to safely lift foot without falling.

PROJECT PLAY
THERAPY