

SUPERMAN

The child will:

- Lying flat on his stomach, have the child raise his chin off of the floor, bring his extended arms overhead close to his ears, and lift his straightened legs off the floor.
- His body should be taut, only touching the floor at the midriff. Arms and legs should be fully extended. Thighs should not be touching the floor.
- Ask the child to hold this position for 20 seconds. Repeat 3 times.

Performance Objectives:

- Inhibition of Labyrinthine Reflex, stimulate prone extension and postural muscles.
- Facilitation of motor planning.

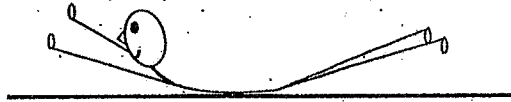
Further Suggestions:

- Please see *Ready Bodies, Learning Minds* Book, Chapter Two.
- Use carpet squares for comfort.
- Use an auditory stimulus, (such as a loud clap or whistle or music) to move children quickly and automatically into position.

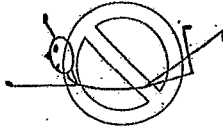
1. Starting Position



2. Superman!



There should be no rocking, rolling, or waving of arms.



LR
prone
ext.

R
E
F
L
E
X

Superman

Do 5 times each
Hold for at least 10 seconds
See if they can break
a record & get longer

Activity Level:

Low

Level of Difficulty:

Moderate

Superman

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1. Cocoon



I'm a cocoon sleeping in the night.
I roll to my back and curl up tight.

Refer to *1001 Moves for Learning* book, Chapter 5, pages 53-62.

Cocoon

- Give yourself a hug
- Legs up
- Head up

Do 5 times each
Hold for 10 seconds
or longer

ROLLING, ROLLING, ROLLING

The child will:

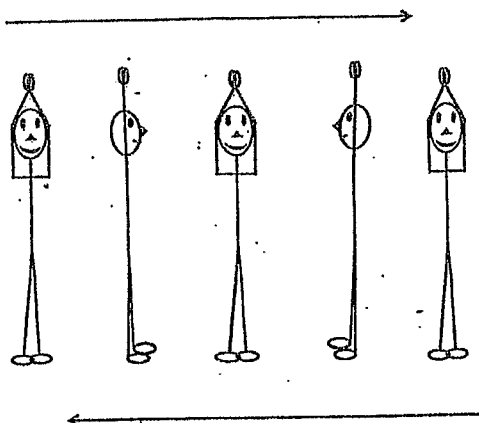
- Lie on the floor, feet together, arms extended over head and hands together.
- Roll as one unit along a straight line going in one direction, then the other.
- To assist the students with rolling in a straight line, provide a guide on the floor, such as a length of bubble wrap or foam strips.

Performance Objectives:

- Stimulate vestibular responses due to rotary movement.
- Experience different tactile stimulation as they roll over different textures.

Further Suggestions:

- For children who seem to have trouble beginning a body roll, tell them to lead with their eyes. "Eyes go first" encouraging the head and upper trunk to turn.
- For children who roll with their legs apart, or kicking forward with their feet, ask them to hold an eraser between their knees as they roll.
- Roll in and out of blankets. Use a path of pillows, etc.



Log Roll

Have them roll to different toys
Have them keep their eyes
on the toy the whole time
they roll.

Activity Level:

High

Level of Difficulty:

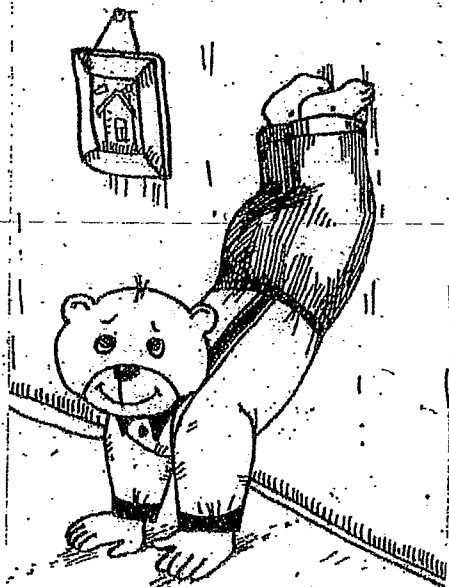
Easy

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Spiderman

You may need to assist them to get their feet on the wall. Count each time & try to beat previous time

Do 3-5 times



This helps with developing hand strength for handwriting, core strength for sitting & can be calming

Stand on 1 foot

Do with eyes open

Do with eyes closed

Try not to wiggle but still like a statue



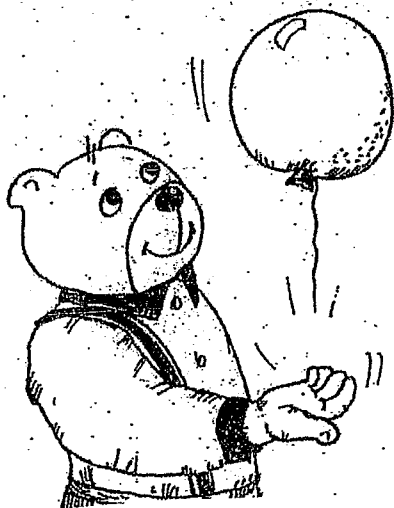
Balloon Top

Tap just above head

Follow with eyes

See how many taps with 1 hand without moving from spot.

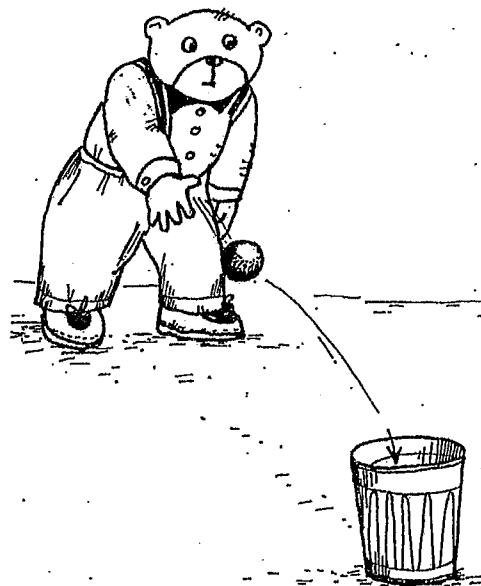
Try tapping 1 hand then other hand



Ball Toss

Use balls or rolled up socks to throw in a garbage can or box.

Be creative!



Dump Truck

CHILDREN WILL DEVELOP

Body Coordination
Motor Planning
Visual Motor Coordination

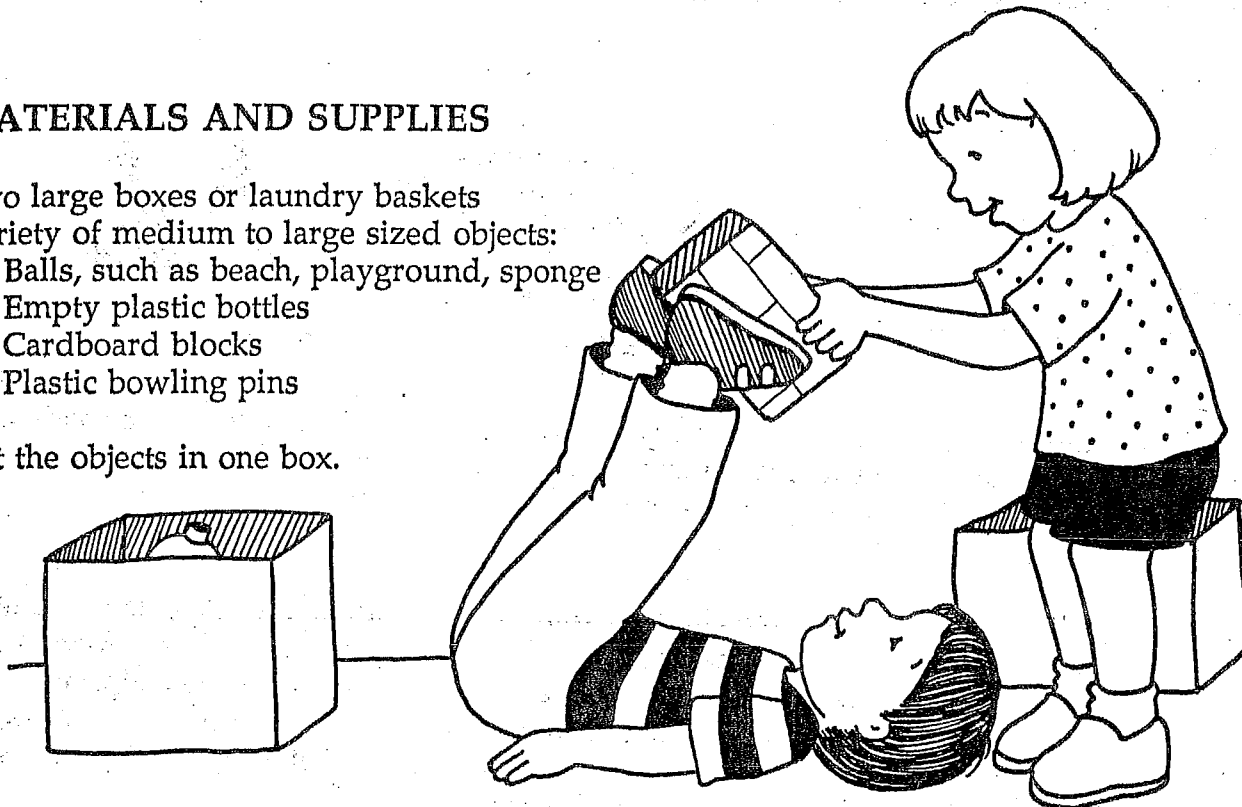
USE WITH:

Small groups

MATERIALS AND SUPPLIES

Two large boxes or laundry baskets
Variety of medium to large sized objects:
Balls, such as beach, playground, sponge
Empty plastic bottles
Cardboard blocks
Plastic bowling pins

Put the objects in one box.



ACTIVITY

Have the children work in pairs; one is the "loader" and the other is the "dump truck." The *dump truck* lies on her back with her knees bent. Place the empty box at the end of her feet. The *loader* stands behind the *dump truck's* head with the box of objects next to him.

As the *dump truck* raises her feet up over her head, the *loader* places one of the objects between the *dump truck's* feet. The *dump truck* carefully lowers the object and dumps it in the box. After the objects have been loaded and dumped, the children change places and play again.

VARIATIONS:

Sit and Dump: The "dump truck" uses his hands to grab an object, does a sit up and dumps the load in the box.

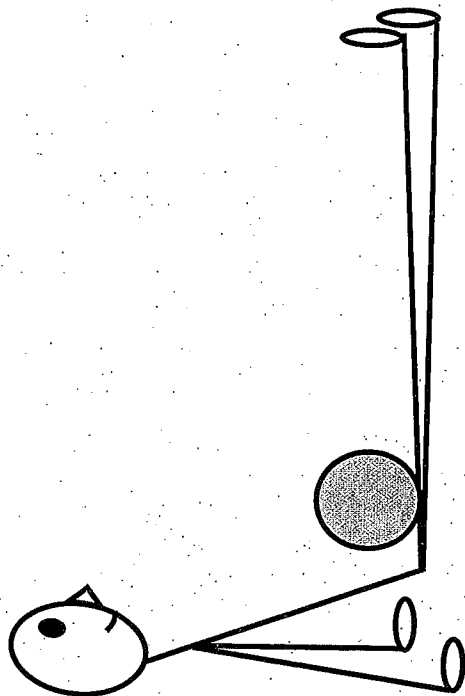
DOWNHILL BALL

Ball

BALL WORKOUT

The child will:

- Sit in a long leg position on the floor leaning back slightly on his hands.
- He will place a ball (the 6" size seems to work best) in his lap.
- He will then raise himself off of the floor with control, causing the ball to roll gently downhill.
- His arms and legs should remain straight.
- The ball should roll slowly and the child should catch the ball against his feet. Don't let it roll off to the floor!

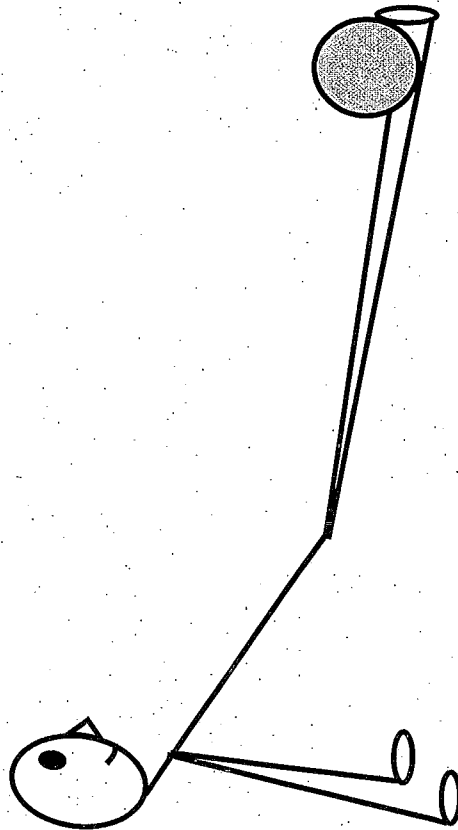


Performance Objectives:

- Increase proprioceptive awareness with the "Heavy Work" of weight bearing on the hands.
- Improve cocontraction of shoulder and trunk musculature.
- Encourages development of palmar arch.

Further Suggestions:

- Can be done as an "elevator" slowly rising or lowering to various levels (or floors) as challenged by the instructor. This can be done with or without the ball.



Activity Level:

High

Level of Difficulty:

Moderate

Downhill

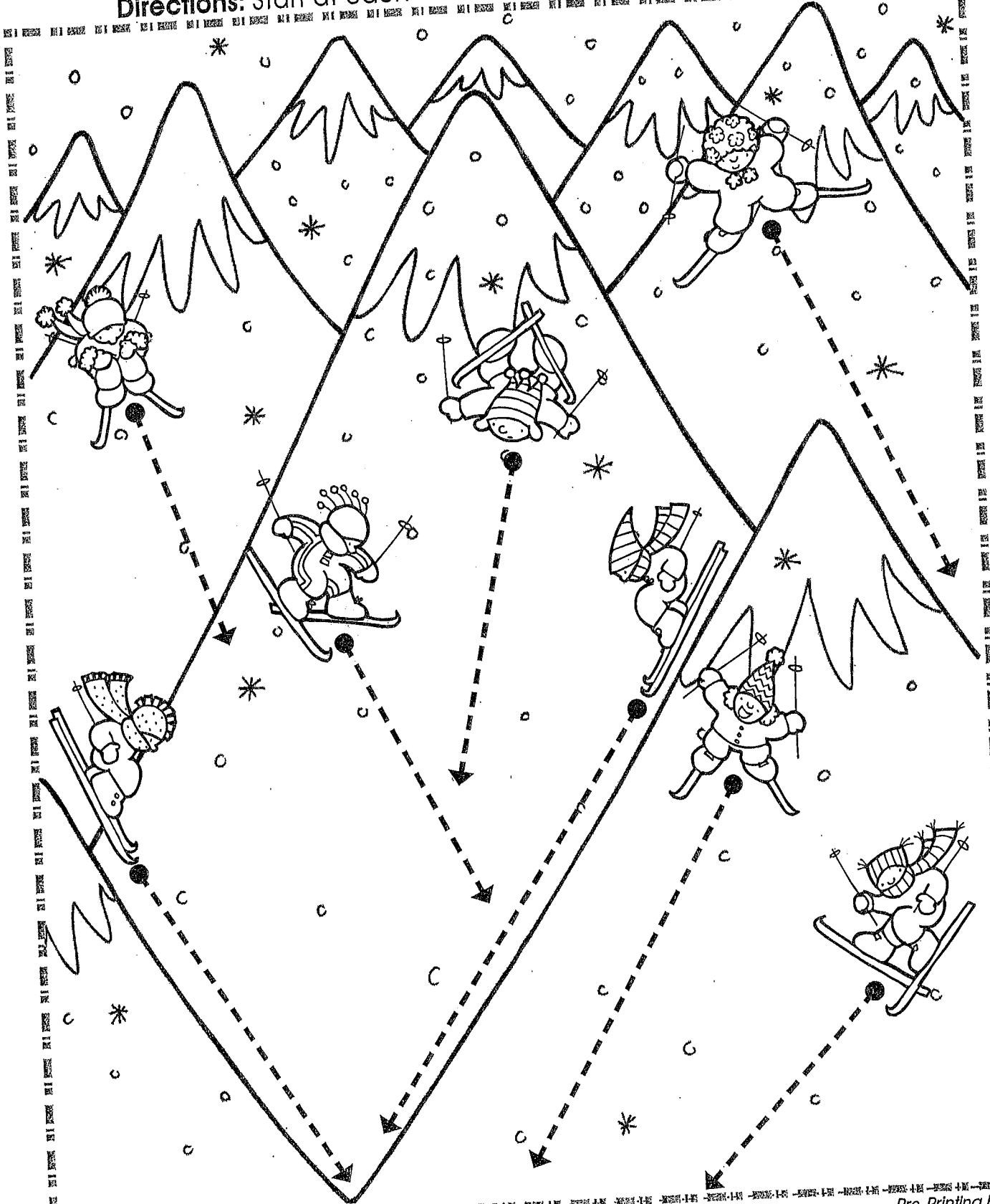
Ball

(down slanted lines)

Name _____

Let's learn how to draw a "down" slanted line.

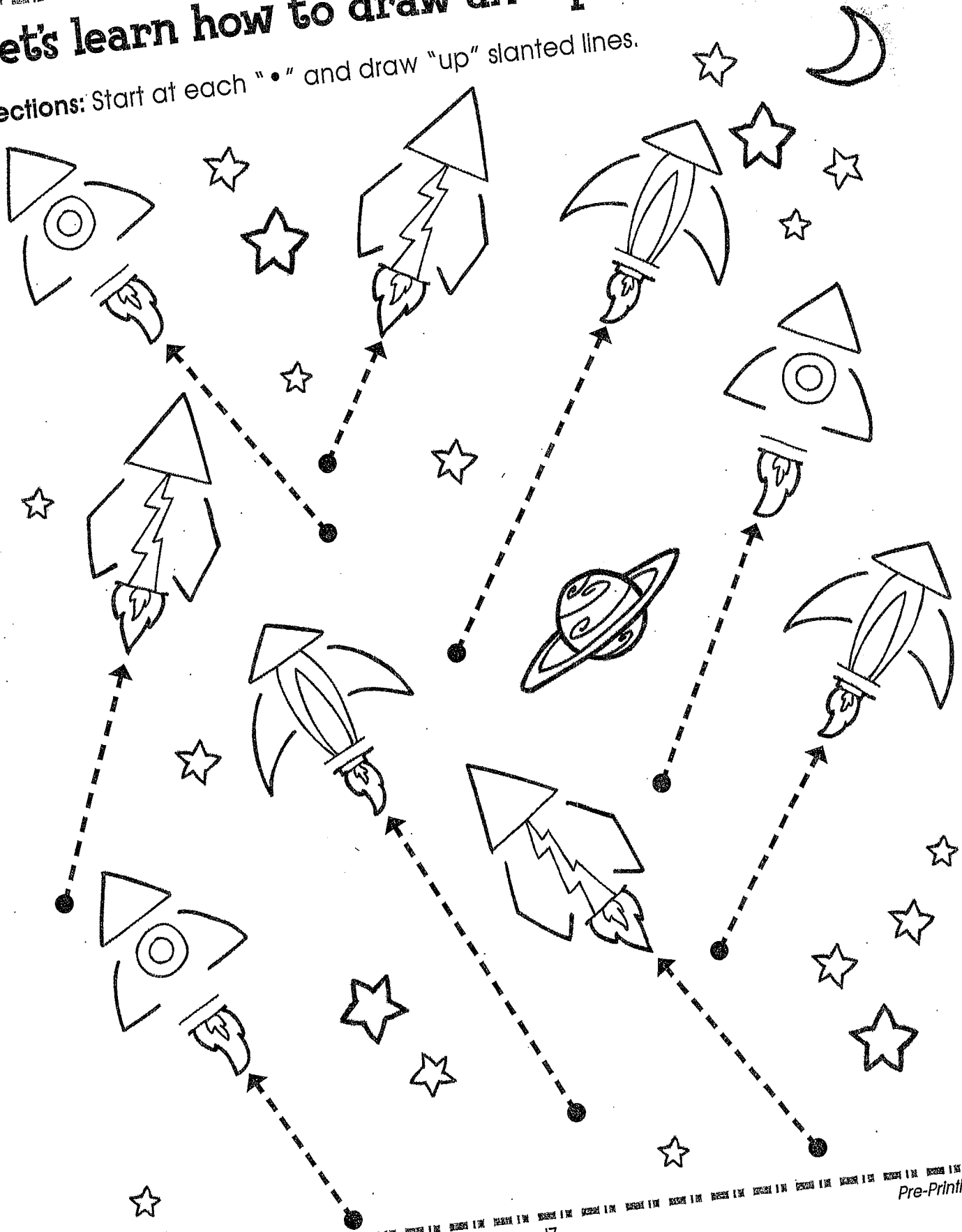
Directions: Start at each "•" and draw "down" slanted lines.

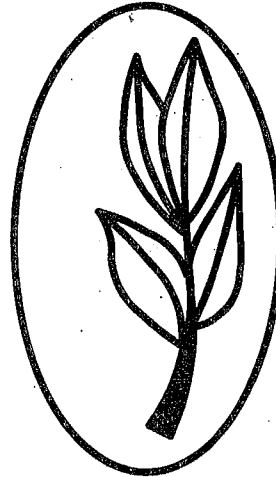
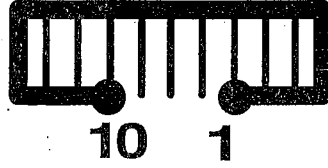


Name _____

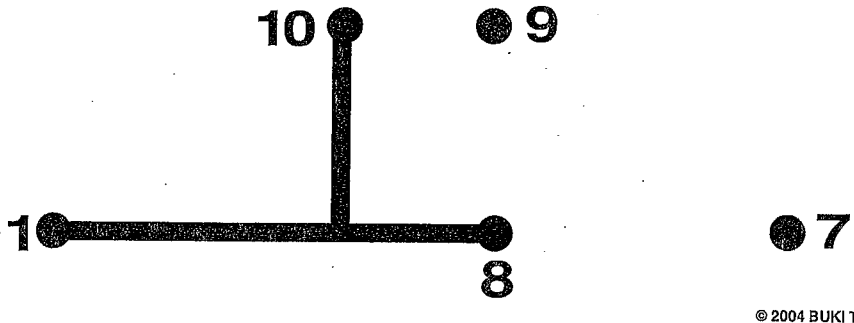
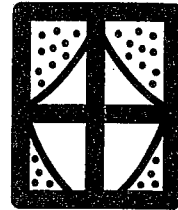
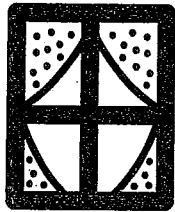
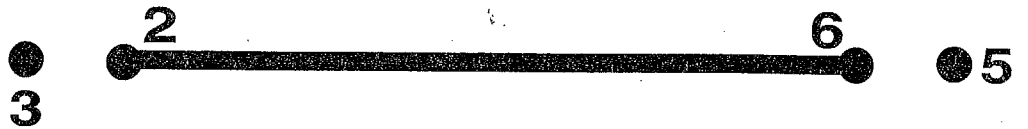
Let's learn how to draw an "up" slanted line.

Directions: Start at each "•" and draw "up" slanted lines.





4 ●



8

