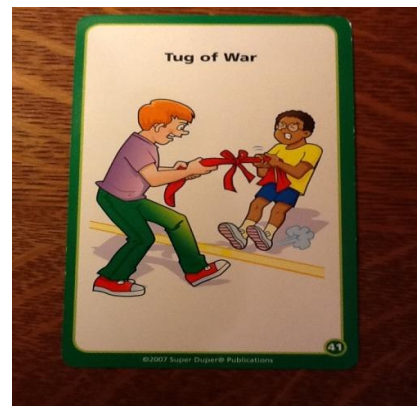
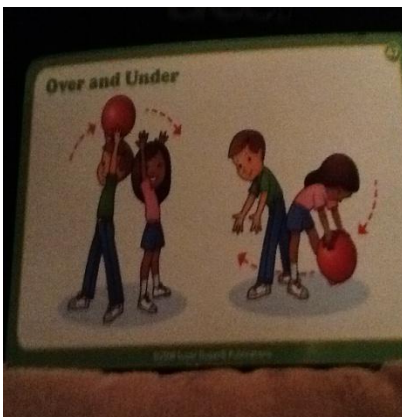
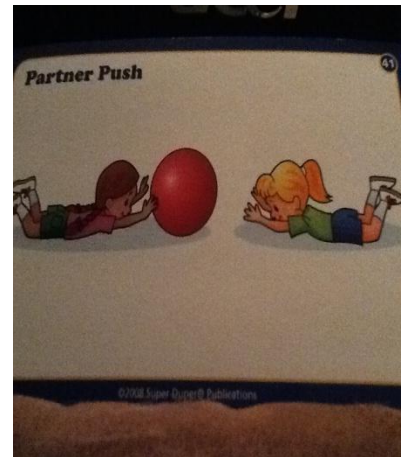
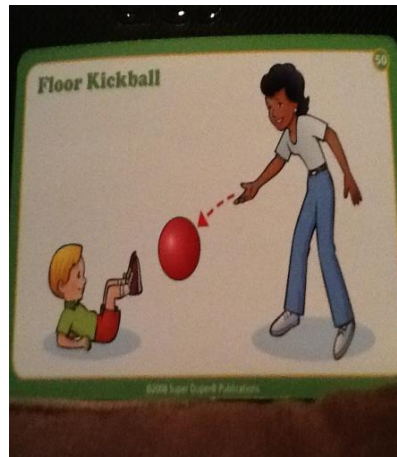
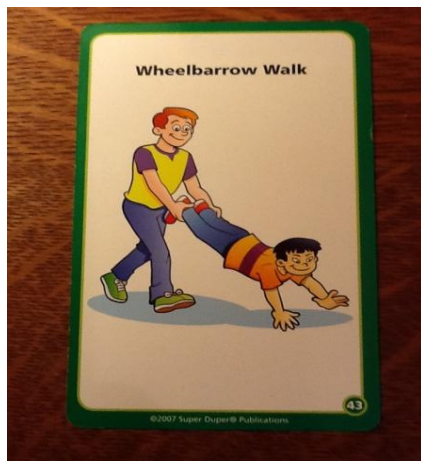
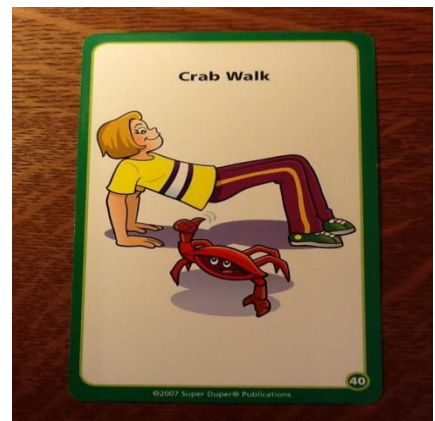
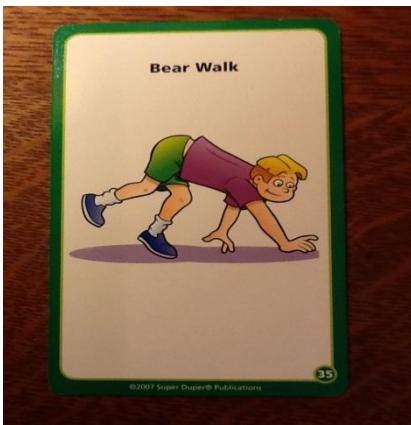
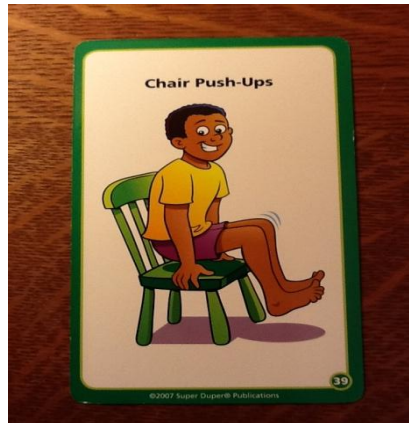
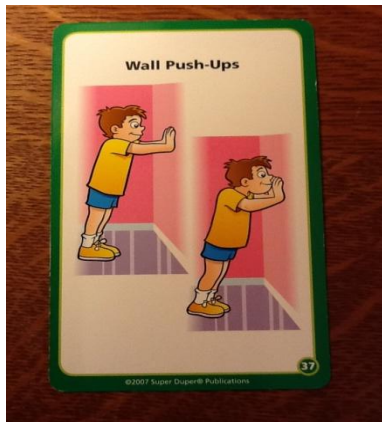


Preschool & School-Age Core Strengthening Activities

Encourage daily core strengthening activities with your child. A strong core offers your child improved: sitting posture throughout their long day at school; fine motor skills (including handwriting!); gross motor skills so that they can participate with their friends during gross motor play time, recess, and recreational sports.

Encourage your child to pick 4-5 activities to do each day! Depending on the activity, you need to determine “how far” to do the activity (ie. Bear/Crab walk ~8’), “how many” times to do (5-10x), and/or “how long” to hold the position (ie. Superhero, 5 seconds.) Start out slow and increase as the activity gets easier. Remember to **STOP if anything hurts!!** These activities should be fun to do and can include the whole family!





Resources:

Super Duper, Inc. Therapy Ball Activities Fun Deck

Super Duper, Inc. Sensory Diet Fun Deck

Super Duper, Inc. Move Your Body Fun Deck

www.superduperinc.com

If you have any questions, feel free to email me at LDelamarter@brownsburg.k12.in.us

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