

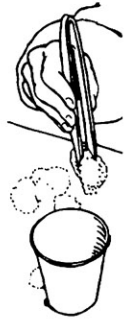
Prone Position

Playing, writing, or coloring while lying on the belly provides stability while strengthening muscles used for table top activities



Clipboard may be used to provide firm and stable writing surface.

Precissor Skills

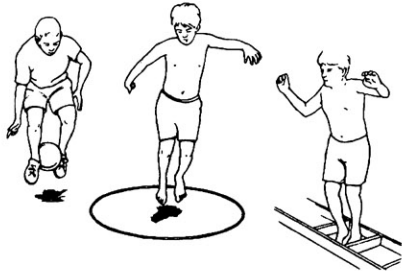


Use tools and games to improve hand skills for scissor use.

X Tongs to pick up cotton balls, foam pieces.
As skill increases, may use tweezers.

X Many commercial games develop opening and closing of hands and grasp.

Jumping activities



Jumping activities improve strength, coordination and endurance.

Jump forward and to side. You Can also use a rope or hula hoop on floor.

CAUTION: Stand by to assist child. Do not leave child unattended.

Writing, painting and drawing on an elevated surface strengthens muscles and works on upperbody coordination.



Child may use slant board at a table or paint, draw or write at an easel.

STRENGTHENING - 7 Trunk Activities: Extensors

Keep shoulders forward and shoulder blades flat. Do not allow neck to hyperextend. Try to lift extremities together.

X Lying on firm surface, child reaches out and up to place ball in basket.

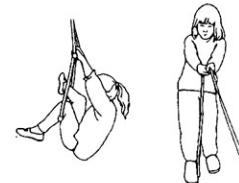
X Child pretends to fly while lying on stomach by lifting arms, legs and head off floor surface.

X Child propels a scooter board with his arms while in the prone position (lying on his/her belly).

CAUTION: Guard child from slipping.

Upper extremity strengthening

Upper extremity strength is important for stability and endurance for tabletop activities.



A variety of functional and play activities can be used to strengthen shoulders and upper extremities:

X Pulling self up on rope. X Swinging on trapeze.

X Using playground monkey bars.

X Pulling a weighted wagon. X Tug-of-War.