

PT ACTIVITIES FOR HOME

GROSS MOTOR

- Yoga
- Animal Walks
- Obstacle courses
- Outdoor activities: running, jumping, hopscotch
- Building a fort
- Crawl around room

STRENGTHENING

- Crab soccer
- Carrying grocery bags
- Monitored climbing activities outside
- Activities in prone
- Therapy ball activities
- Wheelbarrow walks

- Activities in high kneel or half kneel
- Stand on one leg
- Walk on sidewalk curb
- Balance beam (with tape)
- Jump roping
- Stand up scooter
- Bike riding

BALANCE