

# **PT at Home Resources!**

## **General:**

1. Make it fun! More fun if parents and siblings are also participating!
2. Try to encourage doing 1-2 more repetitions than they think they can do, really helps to build strength and endurance.
3. Using a puzzle or toy with pieces can help to encourage repetition, to finish the activity. Put pieces on one end of an obstacle course, stairs, or collect a piece after a repetition.
4. Gently correct/ improve form, quality , or speed if needed. Demonstration works really well!

## **Areas to Work on:**

These activities can be made harder or easier, depending on what your child needs but the general skills are the same. Many of these activities really fall into multiple categories, so you are working on a lot of things at once!

## **Core Strength**

- Free gross motor play, especially on playground equipment
- Traditional Exercises:
  - Superman (on belly with arms, legs and head up) and hold
  - Potato bug (on back with knees and head up, hands on knees or behind head) and hold
  - Squats
  - Bridges
  - Jumping jacks
  - Squat and jumps
  - Hands and knees: lifting one arm, one leg, then opposite arm and leg together and hold
  - Sit-ups
  - Pushups, against the wall If needed
- Complete exercises with a certain number of reps (20-30) or length of hold (15-20 seconds)

- Complete a HIIT (high intensity interval training) workout and set a timer for 45-60 seconds and complete as many reps in that time as possible, rest for 15 seconds, do another exercise!
- Animal Walks: go back and forth across the room
  - Belly crawl (snake)
  - Log roll
  - Hands and knees crawl (dog)
  - Bear walk
  - Crab walk
  - Duck walk (squat and walk)
  - Walk on knees forward, backward, sideways
  - Walk on toes (giraffe)
  - Walk on heels (penguin)
  - Hopping (rabbit)
  - Frog jump
  - Hop on one foot
  - Walk forward, backward, and sideways
  - Run
  - Gallop (horse)
  - Skip

## **Endurance**

- Free gross motor play, especially on playground equipment
- Bike, trike, scooter riding
- Take a walk outside, go explore a new trail or pathway!
- During a walk outside do short bursts of running, galloping, skipping, hopping, jumping (2 feet together), leaping (1 foot leading)

## **Balance**

- Goal: stand on one foot with hands on hips and little swaying, standing on tip toes with arms overhead and feet not stepping
- Ways to work on it:
  - Standing on one foot while playing or doing another activity
  - Standing with one foot elevated (on a foot stool or couch cushion)
  - Playing on dynamic surface: sitting, standing, squatting, kneeling (cushion, pillow, mattress, etc)
  - Lifting light items (bean bag, stuffed animals) with foot to place in a container
  - Kicking a ball
  - Putting pants, socks, and shoes on while standing
  - Stepping over hurdles without upper extremity support

## **Stair skills**

- Goal: ascend and descend with one foot on each stair using as little upper extremity support as possible, with good pace, balance and control
- How to work on it:
  - Ascend and descend the stairs for multiple reps
  - Carry something in one hand, or two hands for advanced skills
  - Step up and down on bottom step
  - Step up and over on a step stool

## **Ball skills**

- Goal: throw a small ball to a target from 5 feet underhand and overhand, catch a big ball from 5 feet with hands only, kick a ball straight to a target from 6 feet
- How to work on it:
  - Set up different targets and objects to throw (baskets/buckets and stuffed animals, different colored balls)
  - Play catch with a ball, towel, tshirt. Take a step back when caught.
  - Bounce and catch the ball back and forth
  - Kick ball to target in different directions
  - Play soccer, basketball, baseball, etc
  - Throw a ball for the dog

## **Jumping skills**

- Goals: jump forward, jump over hurdle, jump down- all using a 2 feet together pattern without loss of balance. Hop on one foot stationary and moving forward. Vertical jumps and jumping jacks are also good to work on.
- How to work on it:
  - Set up a jumping obstacle course
  - Jump on trampoline
  - Practice hopping, and frog jumps
  - Have a jumping contest
  - Use tape on the floor for jumping forward to mark the spot and try to beat it (self competition)

## **General activities**

- Obstacle courses
- Tape or string maze
- Cardboard box tunnel
- Writing/drawing/coloring on a vertical surface
- Playing/activity/reading while laying on belly for a prolonged period of time without propping head on hands
- Scavenger hunt outside or inside
- Treasure hunt with gross motor movements built into the clues

- Easter egg hunt with some eggs containing exercises
- Yoga!

## Gross Motor Resources

**I think following them on social media is helpful, adds creative content to the news feed!**

- Pink Oatmeal - tons of free, easy activities, especially for balance (also on Instagram and YouTube)

<https://m.facebook.com/pinkoatmeal/>

[https://m.youtube.com/channel/bUC8vkG5T-\\_sD7a0cRYZDS--w](https://m.youtube.com/channel/bUC8vkG5T-_sD7a0cRYZDS--w)

<https://www.pinkoatmeal.com/freebie-library/>

- Inspired Treehouse <https://www.facebook.com/inspired.treehouse/>

- Dinosaur PT <https://www.facebook.com/DinosaurPT/>

- Kinesio Kids (better content on Instagram)

[https://www.facebook.com/Kinesio\\_Kids-310355656261281/](https://www.facebook.com/Kinesio_Kids-310355656261281/)

- Teaching 2 and 3 year olds: a variety of great activities and ideas  
<https://m.facebook.com/teaching2and3yearolds/>

- Move Play Grow (better content on Instagram)

<https://www.facebook.com/MovePlayGrow/>

- Starfish therapies (better content on Instagram)  
<https://www.facebook.com/StarfishTherapies/>
- Tots on Target: wide variety of info (more content on Instagram)  
<https://m.facebook.com/TotsOnTarget/>
- Go noodle YouTube channel: <https://www.youtube.com/user/GoNoodleGames>
- Curious Neuron on Instagram

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