

Physical Therapy Activities Obstacle Course

- **Shake Your Sillies Out**

Fun movement song

[Shake Your Sillies Out](#) 🎵

- **Make an Obstacle Course**

Use a step stool, cushion/pillow, wrapping paper tube, broom, pool noodle, mini trampoline
Add as many pieces as you want to work on step up/down, step over, jump up/down, jump over,

Jump on trampoline, walk backwards/sideways, bear crawl, crab walk, or whatever you want!

Put 5-10 puzzle pieces, matching cards, stuffed animals, little toys at one end of your course

Put the puzzle board, a box, bucket, laundry basket, any container at the other end

Keep going until you have collected all your “things” and put them in your “container”

Remember to always work on controlling your body - land on 2 feet, squat with control,

No falling, crashing, sliding to the floor.

Remember to help clean up!

[obstacle course.MOV](#)

- **Core Exercise Rolling Game**

Ask mom or dad or grandma or your sister or brother to play with you.

To move, use a dice to roll a number. Or write numbers on pieces of paper and turn them over.

Take turns picking how many times to do the exercise.

You can always change the exercises if the number you get seems too tricky.

(Crawl on your hands and knees instead of touching your elbow to your knee for #1;

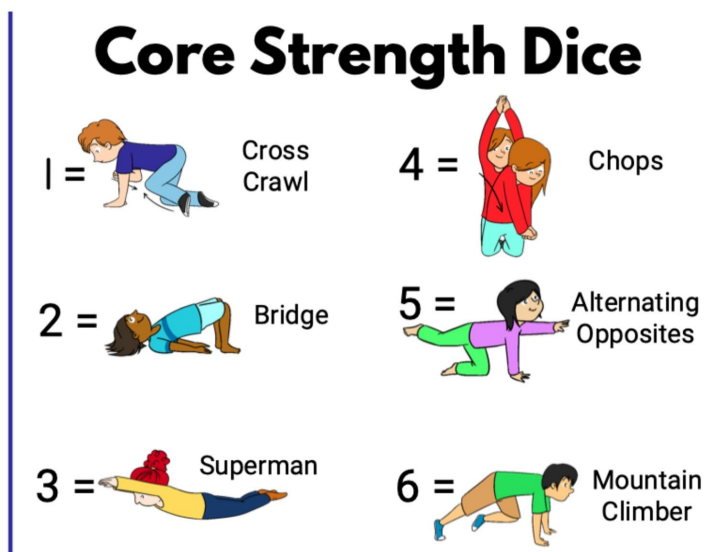
Lift just your arms instead of your arms and legs for #3; Kneel but just lift your arms up

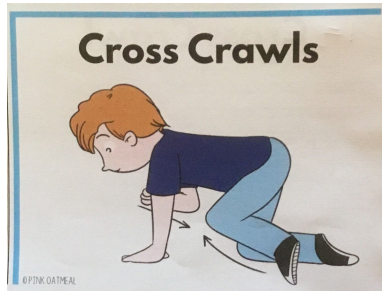
And down instead of chopping side to side for #4; Just lift 1 arm or 1 leg at a time instead of

Lifting your opposite arm and leg at the same time for #5; Hold a plank or downward dog

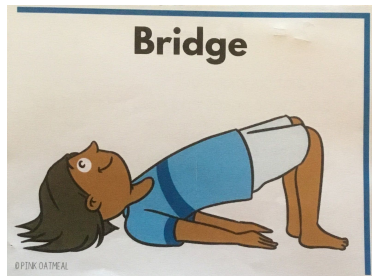
Position instead of doing mountain climbers for #6)

Have fun!

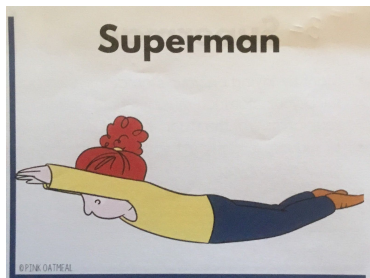




- ### 1 = Cross Crawl
- Start on your hands and knees.
 - Keep your back flat and abdominal muscles tight.
 - Bring right elbow back towards your left knee.
 - Bring your left knee up towards your right elbow.
 - Try to do repetitions or alternate side to side.
 - Make sure you try on both sides!



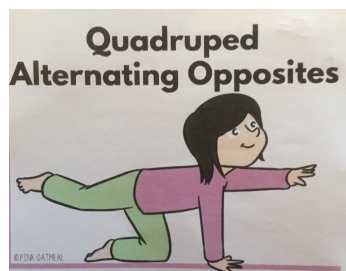
- ### 2 = Bridge
- Lay flat on your back.
 - Bend your knees and keep your feet flat on the floor.
 - Let your arms rest next to you.
 - Tighten your stomach muscles and lift your hips off the ground.
 - Hold for 5 seconds, and rest.
 - Repeat.



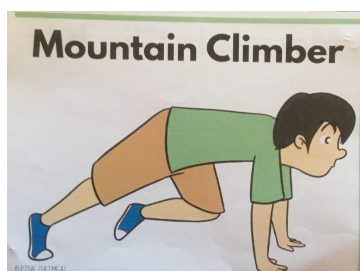
- ### 3 = Superman
- Start by laying on your stomach.
 - Keep your stomach muscles tight and lift your arms off the floor in front of you.
 - If you can, slightly lift your legs off the floor behind you.
 - Hold.
 - Repeat.



- ### 4 = Tall Kneel Chops
- Start off in tall kneeling with your stomach muscles tight.
 - Raise both arms above your head keeping your hands clasped together.
 - Chop down towards your left knee.
 - Return to tall kneeling.
 - Chop down towards your right knee.
 - Repeat.



- ### 5 = Quadruped Alternating Opposites
- Start on your hands and knees.
 - Keep your stomach muscles tight and your back as flat as you can.
 - Reach your left arm out in front of you and your right leg out behind you.
 - Repeat on the opposite side.



- ### 6 = Mountain Climber
- Start on your hands and knees.
 - Keep your stomach muscles tight and back flat.
 - Raise up onto the balls of your feet.
 - Take turn moving your knees towards your chest like you are climbing a mountain.
 - Keep your abdominals tight and back as flat as you can while doing the exercise.

- Calm Down Yoga - hold each position counting backwards from 5,4,3,2,1 and then move into the next position

