

Posture Activities

Curl-ups (Core Strength)

Lay with your back on the floor, knees bent and feet flat on the floor.

Hold a bean bag or small fluffy toy between the knees to keep them together. Place your hands on your thighs.

Try to curl up so that your head and shoulders lift up from the floor and your hands slide further up your legs towards your knees.

Only lift as far as is comfortable.

Remember not to lift your feet off the floor.

Can they do this quite easily?

Crab Walk

You need

An area of floor or grass and a bean bag or soft toy.

How to do it

Get your child to sit on the ground with their hands and feet on the floor, fingers pointing behind them, raise their bottom off the floor to make a table shape. In this position get them to walk backwards, like a crab, to a destination and back again. Put a beanbag or soft toy on their tummy - make sure they keep their bottom up otherwise the toy will fall off!

As this activity is quite demanding only ask your child to go 2 to 3 metres at their first attempt, as your child's endurance increases you can increase the distance.

To add variety you can add an obstacle course or follow-my-leader to the game.

Tightrope Walking (Balance and Stability)

Lay a piece of rope 5 - 10 metres in length or chalk a line on a path.

Ask your child to walk along the line slowly.

If your child is under the age of 5, just walking is appropriate, if you have an older child and they can walk the line quite well, maintaining their balance, ask them to walk heel-to-toe (Pigeon Steps).

Can they walk the rope and maintain their balance?

Stairs (Balance and Coordination)

Ask your child to walk up and down the stairs.

Can they manage independently?

Are they using alternating feet?

Bridge Games

You need

An area of floor or grass and some small toys to pass under the bridge such as vehicles or animals. For older children a stopwatch or clock with a seconds hand.

How to do it

Laying on their back with their knees bent and feet flat on the floor get your child to raise their bottom off the floor to form the bridge. Pass the toys under the bridge. For younger children get them to make the noise of the toys, for older children set them time challenges.

As this activity can be quite demanding start by just playing for between 30 seconds and one minute. As your child gets stronger and can play for longer why not turn it into a family competition?

Tightrope Trail

You need

A rope 5 - 10 metres long or chalk line, bean bag or flattish small soft toy, empty large plastic drink bottles or cones, some of different heights, and a few toys of various height to sit on top of the bottles.

How to do it

Lay out the rope or draw a straight line. Ask your child to walk along it slowly and carefully. There are several games that can be played.

1. With the bean bag/soft toy balanced on their head.

2. Place the large bottles either side and equal distance apart along the route. With the bean bag on their head they have to bend and touch the top of the bottles.

3. Play the same game as 2 above but with different height bottles and with the toys balanced on top of the bottles. Your child needs to collect the toys on the way.

4. To give more interest, change the shape of the course and vary the distance between the bottles.