



PROGRAMS FOR EXCEPTIONAL CHILDREN OCCUPATIONAL THERAPY

TRUNK/SHOULDER STRENGTHENING

Why is it important to have a stable core? A student requires good stability proximally in order to have good distal mobility. This means a student requires a stable core and shoulder girdle in order to be able to perform visual motor and fine motor tasks.

Trunk/Shoulder Strengthening:

- Kids yoga (plank, down dog, up dog, side plank, table, reverse table)
- Superman (lie on stomach and lift arms and legs up in air like you are flying in the air)
- Playground activities: monkey bars, climbing ropes, swing, see saw
- Tug of war
- Wall handstand, wheelbarrow walk, crab crawl, balance on one foot
- Pull along a long rope as you sit on a skateboard
- Look through books while on your stomach and forearms
- Wipe table with one hand while the other hand supports your weight
- Carry laundry basket, take out trash, carry groceries, carry book bag
- Vacuum/Sweep
- Clean windows
- Carry buckets of water or sand
- Shovel sand/dirt
- Push/pull wagon
- Wash the car
- Swimming
- Pull small suitcase
- Wall push-ups/wall chair
- Starting push up position while high five someone opposite with alternating hands
- Face one another with knees bent, feet flat on the floor; press against each other's palms and push/pull against one another without falling backwards
- Sports