



**Saint Joseph's
Medical Center**
School-Based Rehab Program

March 17, 2020

Re: Occupational/Physical Therapy – Remote Learning and Home Services

Dear Students, Parents, and Guardians,

Hi, I'm Terry Belmont your child's physical therapist in school this year. The following are Physical Therapy activities that your child should engage in 1-3x a week depending on their IEP mandates.

In the included lists you can pick several activities each day. Each list's title indicates what gross motor skill they concentrate on.

The list of websites are for Yoga, or movement skills that worked on stretching, flexibility and strengthening.

Each session should begin with some general exercises or Yoga to stretch to avoid straining muscles, especially if your child has been sitting most of the day.

As always outdoor activities that involve movement, (ie playground, jumping, scooters, soccer, tag, hide and seek, catch) are beneficial.

<https://family.gonoodle.com/activities/footloose>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.hellowonderful.co/post/easy-indoor-activities-for-kids>

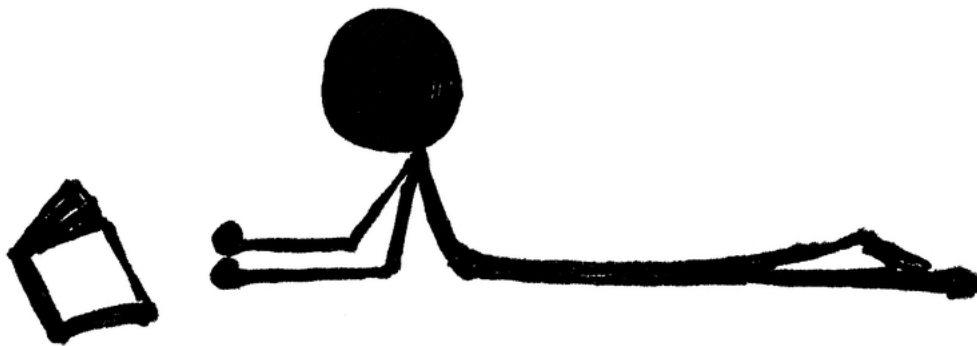
Scroll down for more suggestions and a tracking sheet. Please fill out the sheet when your child completes an activity.

Please don't hesitate to contact me with questions and concerns at tbelmont@saintjosephs.org

Best Regards,

Terry Belmont PT

10 exercises that boost child development and core strength



Tummy Time

Lay on your tummy, up on your elbows. No propping your chin on your hands
Keep your legs as straight as you can stretched out behind you

Activity Ideas

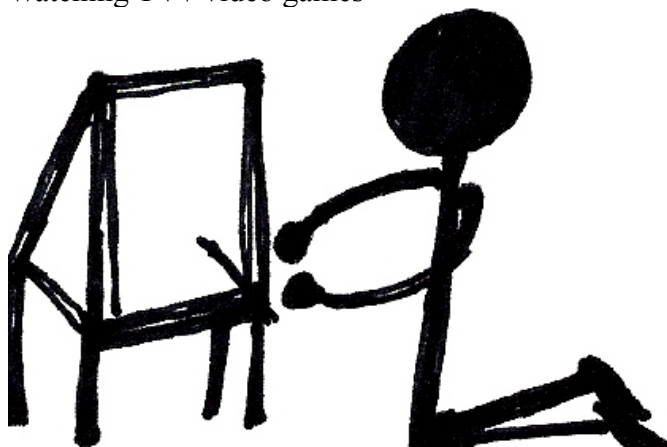
Read a book

Play dough games

Sticker games

Manipulatives/ blocks

Watching TV / video games



Tall Kneeling

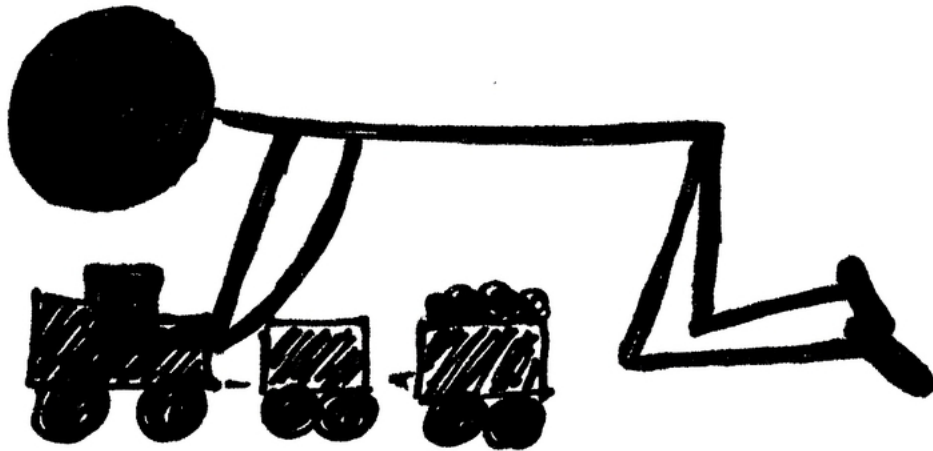
Position yourself up tall on your knees.

Do not sit down on your heels stay up tall on your knees

Activity Ideas

- Tossing a ball back and forth
- Bouncing a ball to a person
- Bouncing a ball to the wall

- Games in front of the couch
- Games in front of a low table



Hands and Knees

Position yourself in hands and knees.

Hold your tummy up and flat and keep your feet on the floor

Activity Ideas

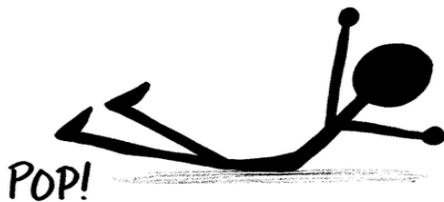
- Reaching for pieces of a game
- Texture play on the floor
- Texture play up on the wall/ mirror
- Freeze Games/ Animal Pretend Play



Superman / Prone Extension Activities

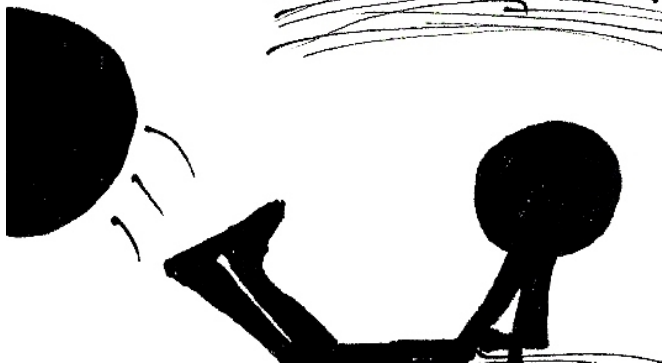
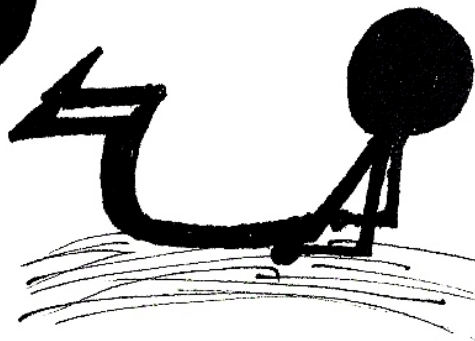
- Work on arm position first: hit a rolled or tossed ball with both hands or with alternating hands.
- Work to maintain head, chest, and arms in correct position between hits with the ball.
- Work into maintaining the full position with arms, head, legs
- Work in short bursts (1-15 seconds) and focus on increasing QUALITY of the position and then increase how long the child can hold it.

POP CORN



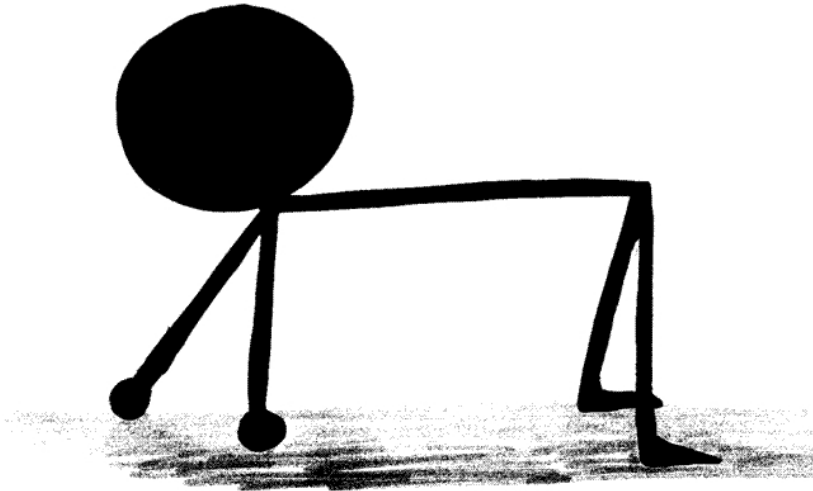
Popcorn/ Supine Flexion Activities

- Work on crossing arms over chest, bringing knees up to chest
- Encourage head tuck to complete the Popcorn position
- Work to maintain the position in short burst (1-15 seconds) and focus on increasing QUALITY of the position and then increase how long the child can hold it.



Leg Extension Activities

- Work on leg extension exercises next with tossed or suspended ball
- Hips should flex about 90 degrees and feet remain off the floor
- Encourage head up with long neck for leg extension activity
- Encourage legs working together and then alternating.

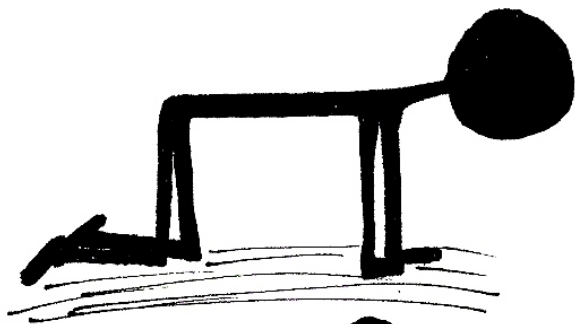


BRIDGE

Bridge Activities

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- Work on flat tummy (no sagging!) for short bursts (1- 15 seconds) and focus on increasing QUALITY of the position and then increase how long the child can hold it.
- When the child is able to hold the position with good alignment, begin lifting and straightening one leg at a time



DOG



Dog Activities

- Begin with maintaining all fours and turning head side to side while keeping balance.
- Then add lifting alternating arms
- Then add lifting opposite arm/ leg together in an alternating pattern.
- This exercise can be connected to academic and visual scanning activities easily.
- Finally, add a head turn to lifting the opposite arm/leg together in an alternating pattern.

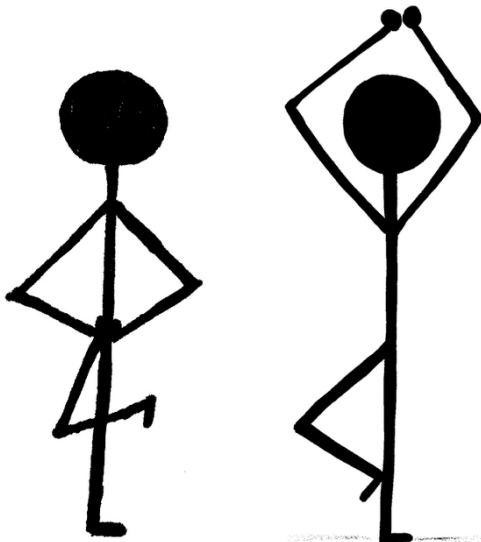
Bicycle



Bicycle Activities

- This exercise is built upon the skills learned in Popcorn/ Supine Flexion work. Pull into a partial popcorn position initially and then touch one hand or elbow to the opposite knee in an alternating pattern.
- This exercise is good to use during memory or spelling work to help increase memory work and recall of information.
- This exercise also supports processing speed.

TREE



Tree Activities

- Begin teaching standing on one foot by supporting the child at the hip joint and then fading your support to finger-tip touch. When the child can maintain balance on one foot with finger-tip touch for 10 seconds, you are ready to move to the next step.
- Encourage the child to place their hands on their hips or stretched out to the side while standing on one foot. Encourage them to maintain balance skills for increasing periods of time, building to at least one minute. Make it harder by repositioning the flexed leg into an abducted/ angle position with the foot resting on the opposite knee.
- Make it harder by repositioning the hands touching above the head.
- Build core strength in the new positions to at least 60 seconds.
- Work on dynamic balance by standing on one foot and reaching with arms to complete a task or reach down to the ground to pick up objects.

For Students in PT

Please assure safety while performing any and all tasks with your child.

Games You Can Play

- Simon says
- Bean bag or balloon toss
- Hot potato
- Egg in spoon
- Hop scotch

Outdoor Activities

- Visit the playground – slides, swings, ladders, ramps
- Jump rope
- Ride a tricycle or bicycle
- Jumping or jumping jacks
- Playing ball – bounce/catch
- Bubble play

Indoor Fun

- Dance party
- Building a fort – boxes, blankets
- Walk like an animal
 - slither like a snake
 - hop like a frog
 - gallop/horse
 - bear/all 4s tummy down

- crab/all 4s tummy up
- Print out the Chair Activity Bingo card

Create a Chores Checklist

Print the checklist to use with your student.

Chores Checklist (goal: encourage functional independence through movement opportunities) (adapted from Connie Johnson, PT, DScPT for SeekFreaks) Easiest Moderate difficulty Most difficult Pick up toys Make own bed Load dishwasher Put books on a shelf Fold clothes Change light bulbs Feed pets Match socks Hang clean clothes Carry light items from the car to house Carry heavy items from car to house Move trash can from house to curb and back Put clothes in hamper Use hand held vacuum Clean most home areas Wash clothes Clear table after meal Dust furniture Set the table Empty dishwasher Clean/wipe off table Throw trash away Mop/sweep floors Hand wash dishes Sort recycling Water house plants Put groceries away Wipe up spills Pull out weeds Wash car

On Line Resources

- Let's Move with Michelle Obama <https://letsmove.obamawhitehouse.archives.gov/>(Open external link)
- Yoga <https://www.yogajournal.com/poses/yoga-for/kids>(Open external link)
- GoNoodle <https://family.gonoodle.com/>(Open external link)
- Energizers <https://www.eatsmartmovemorenc.com/resource/energizers-for-schools/>
- Move to Improve <https://www.weteachnyc.org/resources/collection/move-improve/>(Open external link)
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Get Moving

- Take the stairs, not the elevator
- Walk around the block- play I spy while walking

