



Obstacle Course

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Try doing as many tasks as you can. Each one has a corresponding picture to help you. Have lots of fun and let's get our total body workout done!

1. Jump on the leaves! (You may use a trampoline, pillows, or leaves)
2. Sway like a tree in the wind.
3. Roll like a pig in the mud.
4. Throw apples into a basket.
5. Corn on the Cob. Try setting up this task, so you can cross midline.
6. Carry (your choice) up the steps. (If no steps are available, try walking on cushions)
7. Pick Up. (You may choose to pick up the face cards from a deck spread on the floor or apples, colored pieces of paper, etc.)
8. Try out the Giraffe Stretch.
9. Exercise Ball activities. Pick 2 out of the 6 to start with.
10. Choose 2 activities from the "Heavy Work Ideas" sheet. (You may also want to try doing a fine motor task found in the "Writing" or "Visual-Motor" sections of Brilliant Therapy.)



Jump in the leaves!

Be a Tree

that
sways
in the
Wind



Roll in



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Mud

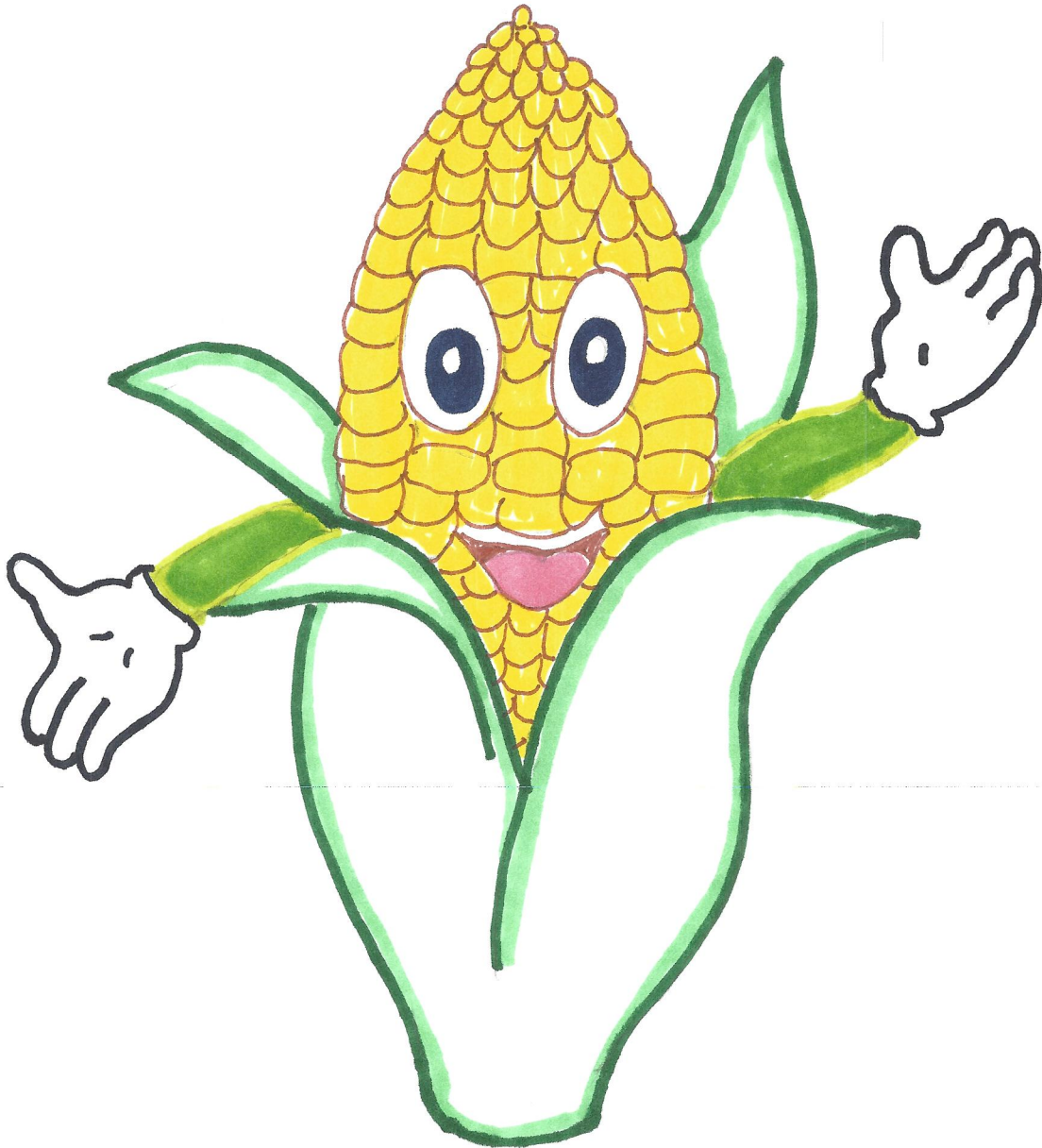


Throw Apples In A Basket!

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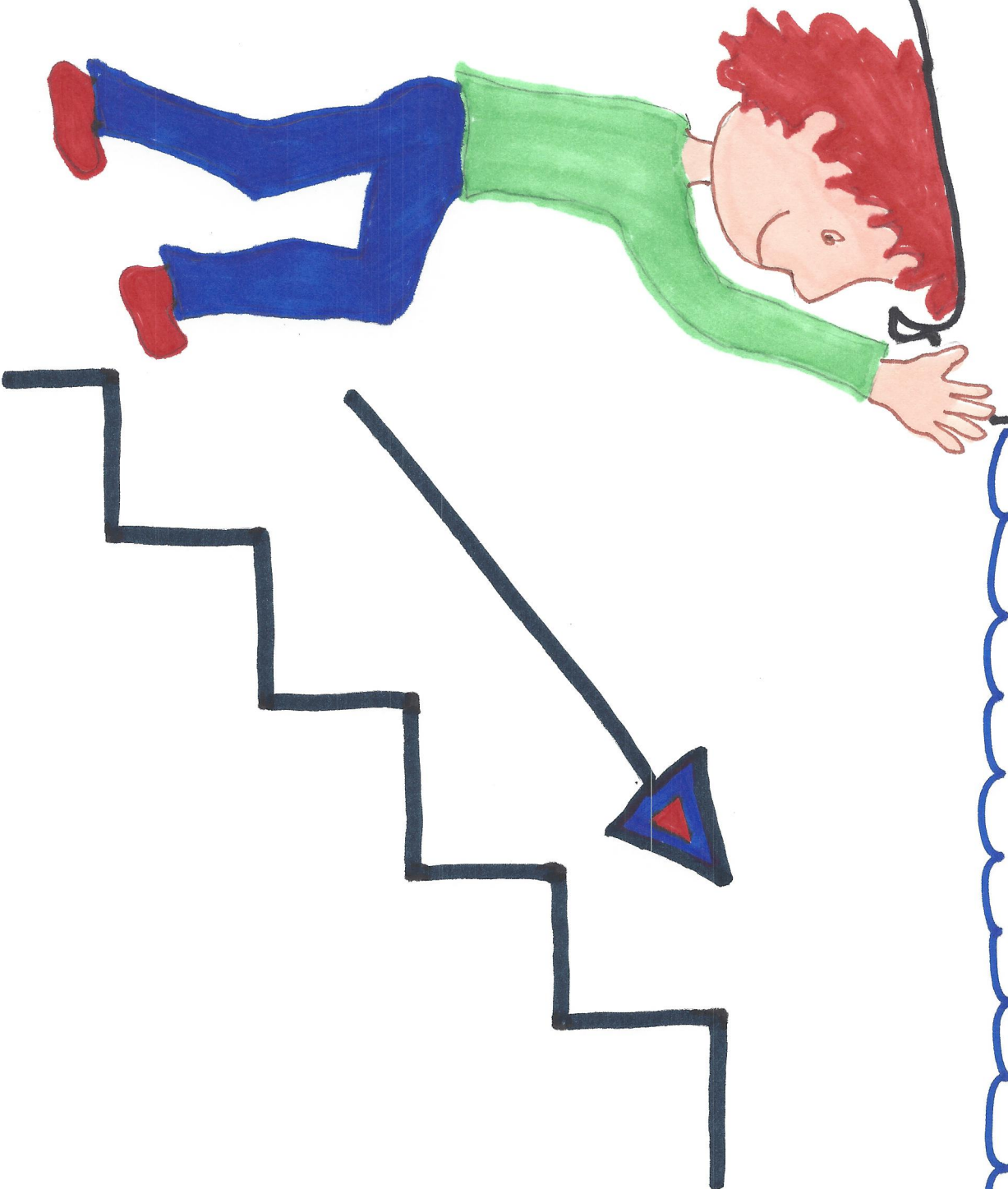


Picking Corn On The Cob

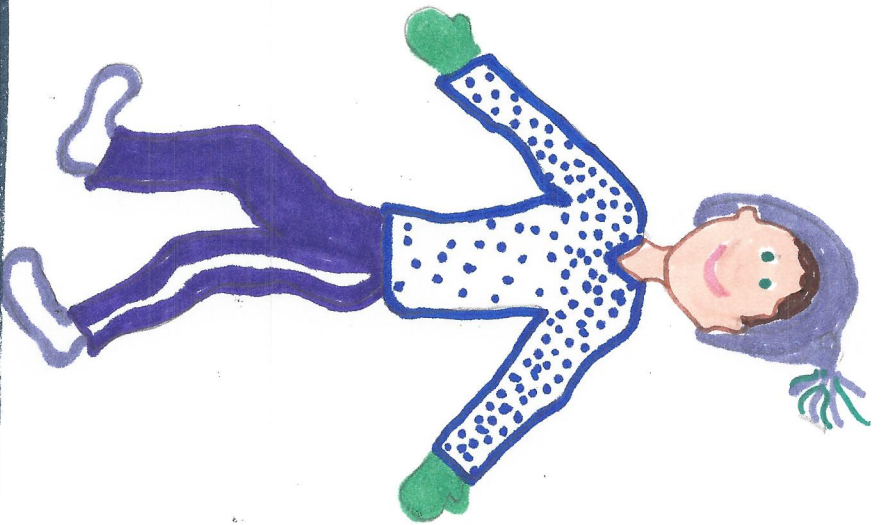


Kneel on hands and knees while you pick
“corn on the cob” and place them in the basket.

Note: You may want to kneel on a rocker board or be prone
over a large ball and use bean bags for corn.



Carry _____ up the stairs.

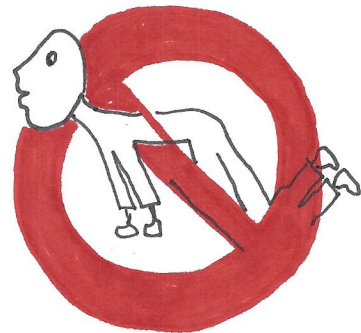
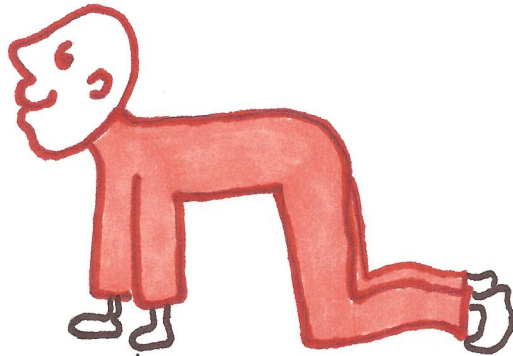


Pick Up _____

GIRAFFE STRETCHES

1. Start in "Cube Position".

Do not lift feet.



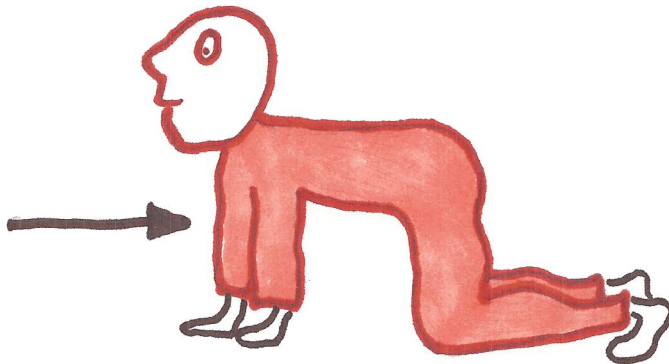
2. Rock Forward

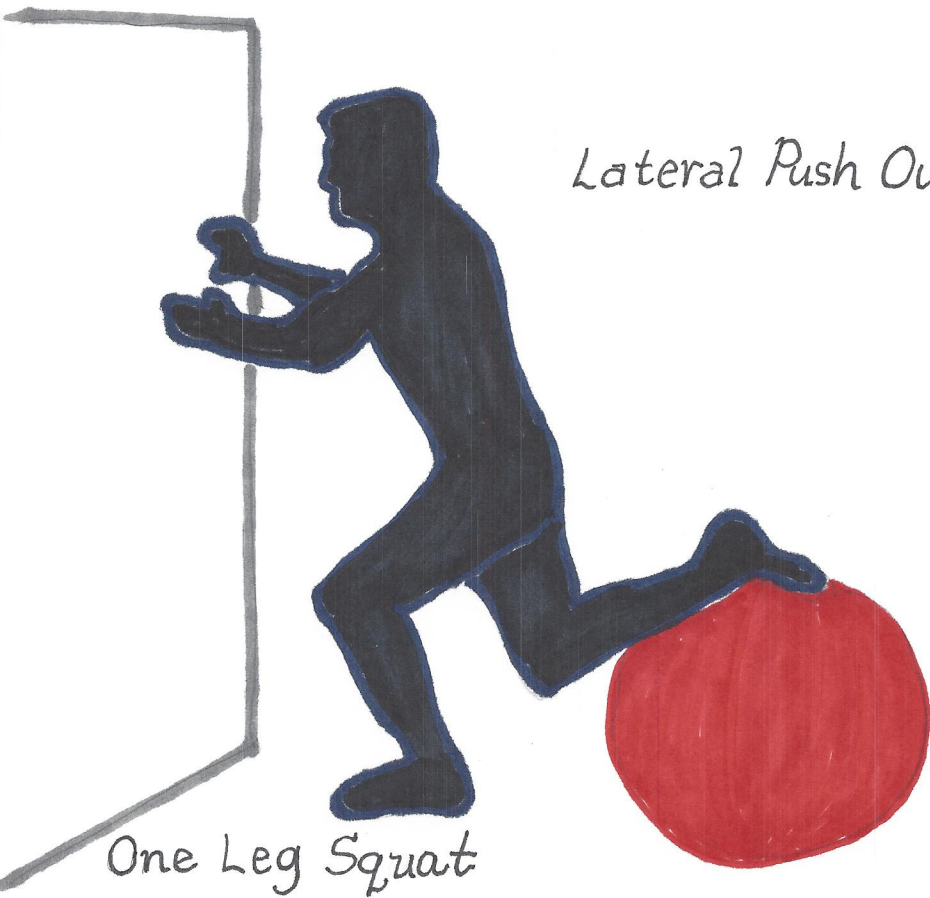
Do not lift ankles.



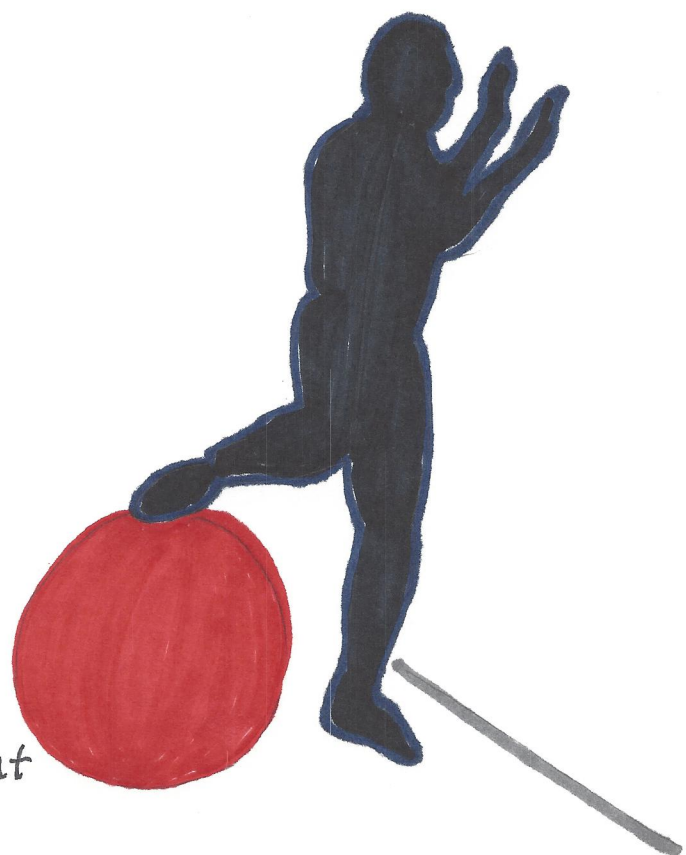
3. Return to "Cube" Position"

Keep hands flat and fingers forward.

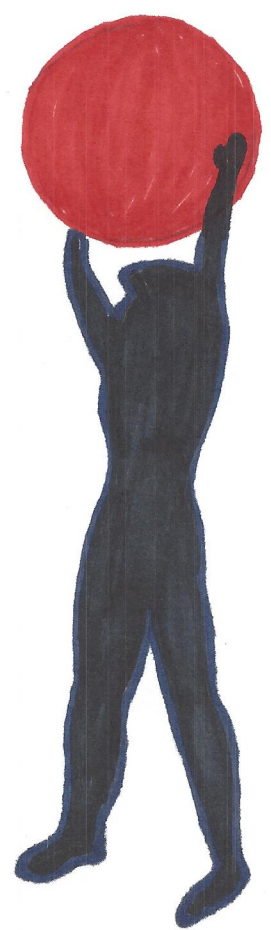




One Leg Squat

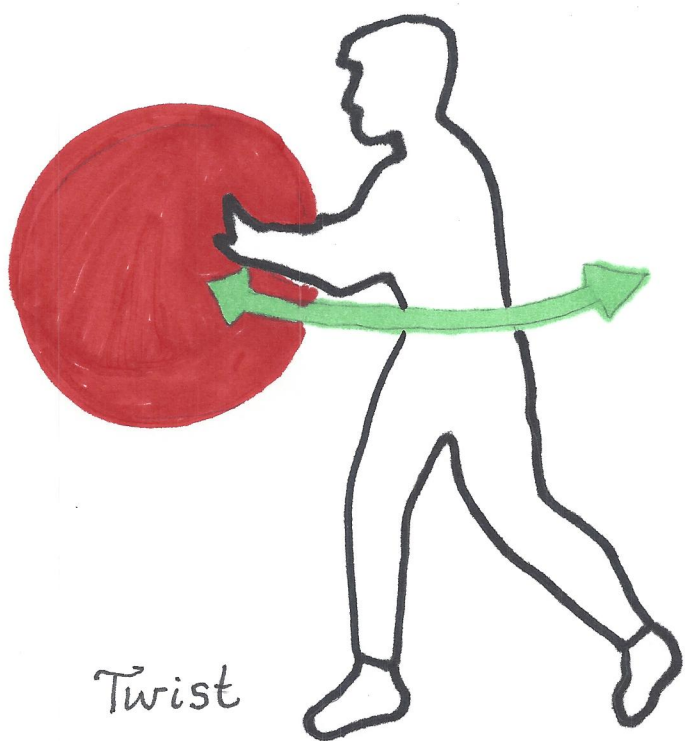
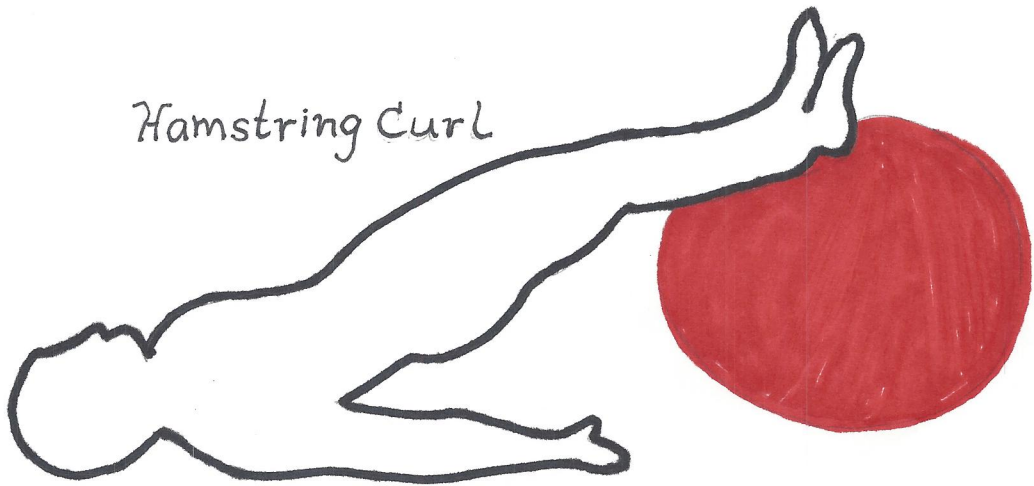


Lateral Push Out

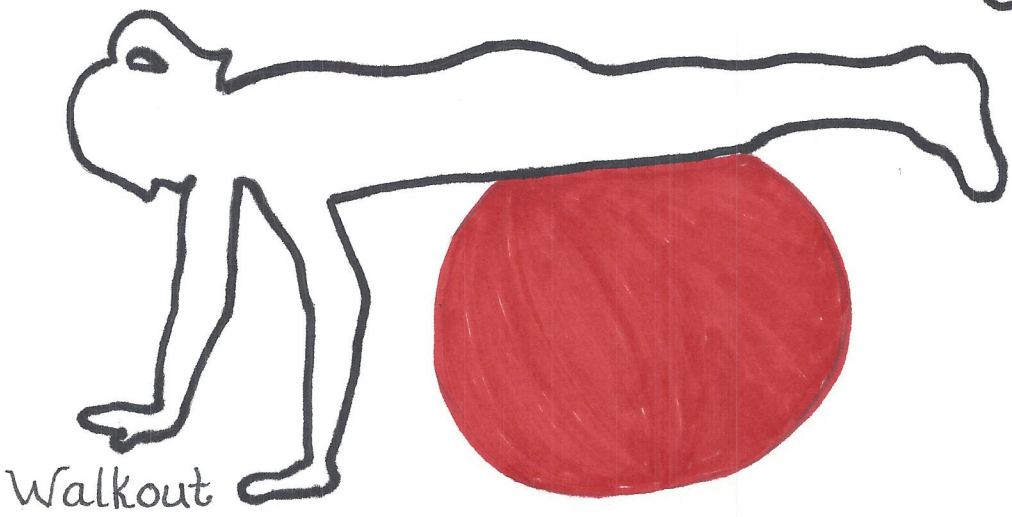


Chop Hold

Hamstring Curl

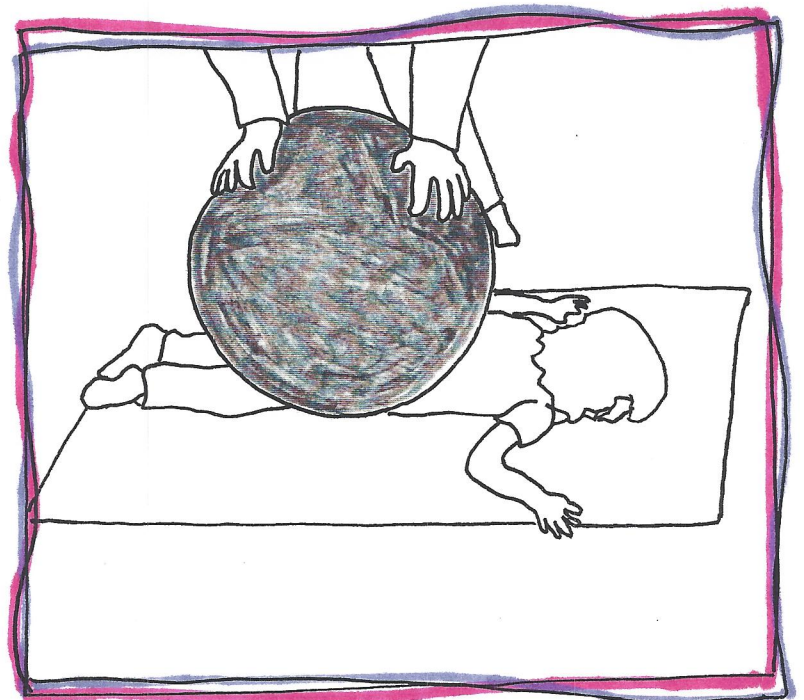
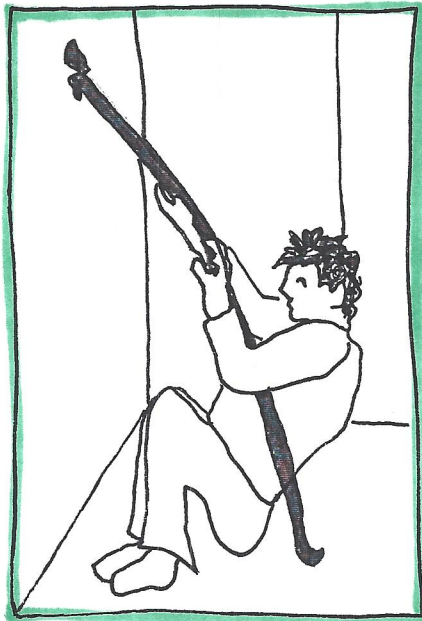
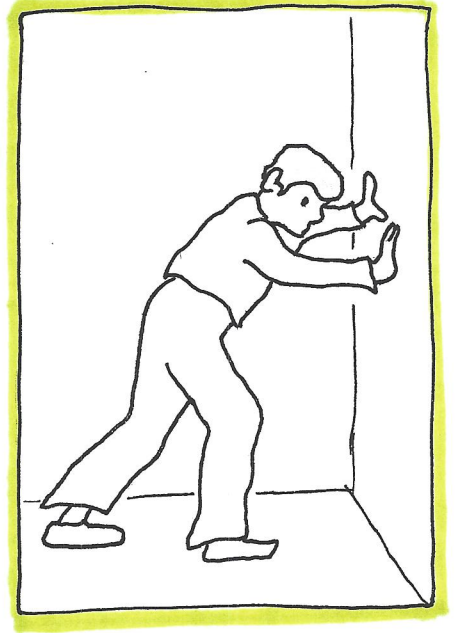
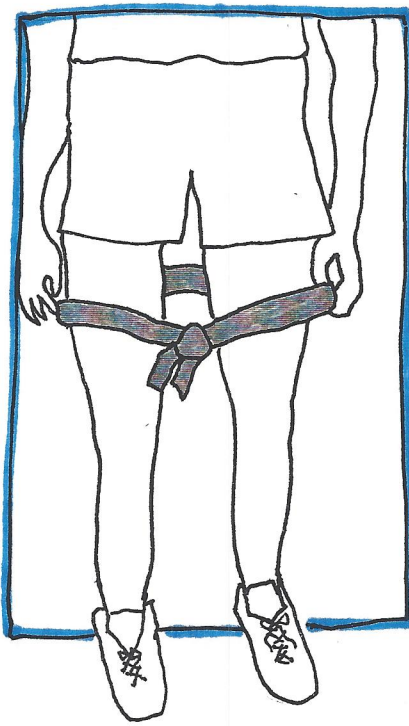
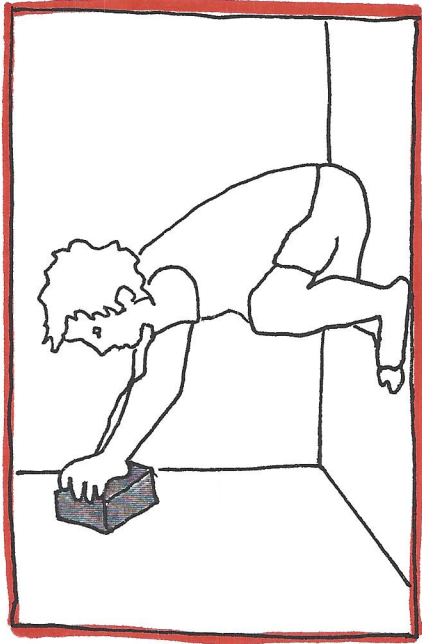


Twist

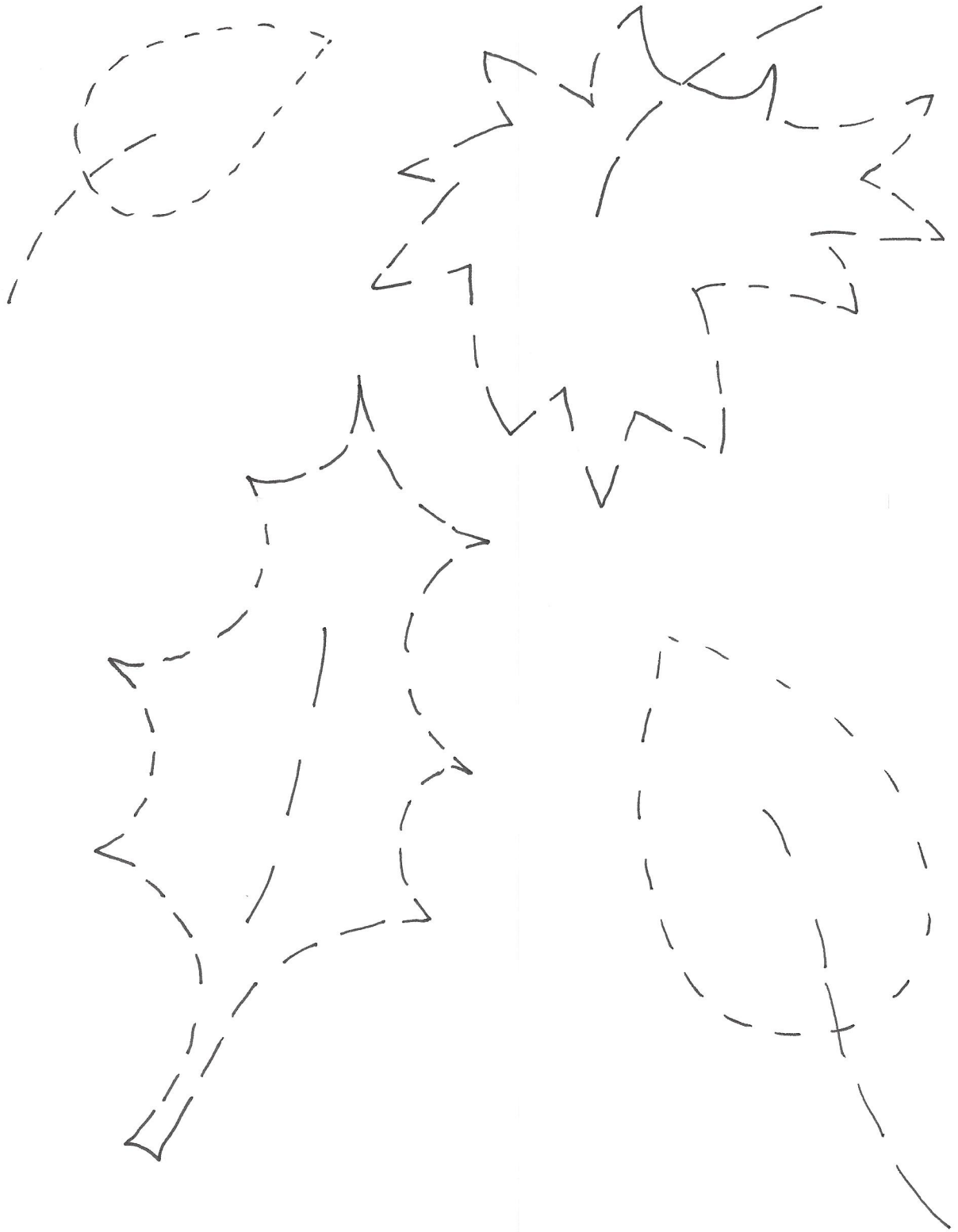


Walkout

Heavy Work Ideas for kids that need the Extra Touch!



Trace the leaves.





The leaves fall down.