

- Spinning in an office chair or rocking in a rocking chair
- Animal walks – incorporate into an activity such as scavenger hunts a puzzle, place puzzle pieces down hall from board and have the child “walk” like various animals (bear, snake, frog). Or just do animal walks!
- Headstands against a wall/bed
- Bean bag chairs are great for hiding under
- Body bowling (child is the “bowling ball” and rolls down the lane to knock over the “pins” which can be water bottles, tall cups or paper towel tubes, etc.)
- Upside down bowling (bowling by bending over and pushing the ball under your legs)
- Laundry bin races (pushing items/siblings or being pushed in basket)
- Infinity Walk (walk in a figure 8) - usually do during homework, especially spelling
- Cosmic Kids Yoga
- Blanket forts - just making them is so physical!
- Have a skein of yarn - make a laser maze obstacle course
- Use medicine balls or small hand weights into activities for increased heavy work
- Cut-out handprints on the wall for practicing wall push-ups
- Shapes on the floor to jump across or run in place
- Target activities: throwing paper balls, paper airplanes or stuffies into laundry baskets or trash cans, bean bags and buckets for throwing targets
- Fill a duvet cover with blankets/pillows from linen closet – use as a crash pad
- Mattress jumps
- Crab walk soccer
- “Lava monster”
- Wrap child in sheet / blanket pull them around the house. Have them pull a sibling if available
- Slow motion obstacle courses using household items
- “Ice monster” – kids move through home obstacle course, but have to “freeze” when directed by ice monster
- Balloon volleyball / Balloon Tennis
- Kid games (Red light, green light, Simon Says, Mother May I (or favorite character May I)
- Dance parties - try matching fast music to fast moves and slow music to slow moves!
- Tunnels made from stretchy material – sewn into tunnel
- Scooter in the hallway



## YOGA BALL

- o Pushing a yoga ball up/down stairs
- o Stabilize your child being tummy down on ball, while they use their hands to help hold themselves – provide an activity (puzzle, simple card match game)

## PAINTERS TAPE

- o Challenges or obstacle courses: walking on “balance” lines – straight or zigzags
- o Hoping between shapes taped on ground,
- o Hop scotch,
- o Tape between walls in a hallway to crawl/step over

## **TABLE ACTIVITIES**

- COTTON BALLS
  - o Blowing cotton balls down the hallway
  - o Contest who can blow items across the table through a straw
  - o Blowing cotton balls with straws through obstacles
  - o Blowing bubbles - child can pop bubbles and/or blow them
- \*\* Deep breathing can be calming and promote regulation
- Theraputty
- See “Cool Down” activities below

## **QUIET / COOL DOWN ACTIVITY IDEAS**

- Bean bag chairs
- “time out area”, such as a small pop-up tent
- An emotions chart
- Noise-canceling headphones or earmuffs
- Paper and coloring materials
- Sunglasses or hats to block bright lighting
- Puzzles and building blocks
- Coloring and arts and crafts supplies
- Small fidget toys
- Bubble tubes
- Books



**Mary Bridge  
Children's  
Therapy Services**

253-697-5200

marybridge.org

