

Notes :

1 Penguin Walks



Sets: 3 Reps: 10 Freq: 2-3x/day

Stand.
Walk on your heels and lift your forefoot as high as you can.
Hold on to a solid object if needed.

2 Frog Jumps



Sets: 3 Reps: 10 Freq: 2-3x/day

Start with child squatting with his or her hands flat on the floor between his or her feet. From the squat, have the child jump/spring forward and land in the starting position. Repeat.

3 Bear walking



Sets: 3 Reps: 10 Freq: 2-3x/day

Coordination; Have the child place their hands and feet on the floor. Walk forward on hands and feet like a bear.

4 Squatting



Sets: 3 Reps: 10 Freq: 2-3x/day

Have your child play in a squat position with legs apart and feet flat on the floor. You can assist your child by positioning yourself behind and placing your hands on his pelvis or knees on each side. Progressively reduce assistance provided.

5 Stair/Ladder Climbing



Sets: 3 Reps: 10 Freq: 2-3x/day

Go up and down stairs and ladders, with support as needed.