



## **Core Strengthening Activities**

### **Superman**

Have your child lay on the floor on their tummy. Can they lift their chest off the ground and with their arms out to fly? How about lifting their legs up at the same time? Try to hold for 30 seconds. As they advance can they have a stuffed animal friend sit on their back for a ride without falling off? How about holding a ball between their feet?



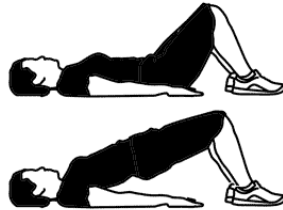
### **Crab Walking and Crab Soccer**

While seated on the floor have your child reach back with both their arms and lift their rear. Using their arms and legs have them walk across the floor. How far can they make it before dropping their bottom? Can they race siblings? Once they have mastered walking like a crab, can they kick a ball in front of them and play crab soccer?



## **Bridging**

While laying on their back have your child tent their knees. While keeping their shoulders on the floor have them lift their bottoms off the ground. How long can they hold it? Can they lift it high enough to have their toys wheel or walk under their bridge?



## **Walk Like a Dog**

On hands and knees have your child walk like a dog while keeping their back straight. Can a stuffed animal friend go for a ride without falling off? Now can they reach out with their right arm and left leg and hold that position? What about reaching with the left arm and right leg?

