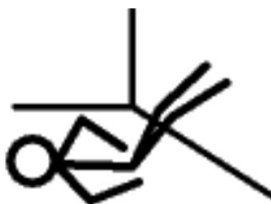
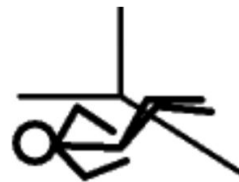


Core Strength and Shoulder Strengthening Activities

Wall Walking

This activity helps to promote a strong core and balance. This is a good activity to do prior to attending to a school work task as it warms up the body.

1. Student lies on back, placing feet on wall
2. Distance between student and wall is based upon student making a 90 degree angle with knees
3. Student places hands flat at side of the body
4. Using core strength and balance, student then walks feet up and down the wall



Start slow with this activity, set a goal of how many times a student should aim to do the climb. If this activity is easily completed, incorporate a ball (soccer ball size) that the student needs to roll with their feet up and down the wall.

Ball Kick Back

Ask the student to lie on their back with their legs up and bent at the knee forming a 90 degree angle. Once in this position, throw a ball (soccer ball sized) to the student, using their core strength and balance, the student brings up their head to look for the ball and pushes legs out towards the ball (keeping their feet and knees together) kicking the ball back. This is a good activity to do prior to attending to work tasks to help turn on the core muscles and also encourages visual tracking.



Alternative options:

- Use a balloon attached to a string. Hold the balloon slightly above where the student will kick, ask the student to kick the balloon, when it comes back the student has to kick it again. This increases the pace as the balloon will come back quick and at a different angle.
- Place a piece of balled up paper between the knees of the student if they continue to separate their legs, this acts as a tactile reminder for them to push their knees together. If their knees open, the paper ball will fall through.

This activity is tiring, so start slow, set a low number of repetition and focus more on appropriate technique (does the student keep knees up at 90 degrees, are the knees kept together, is the head being brought up to view where the ball/balloon is).

Reverse Crab Tennis Ball Game

Have student start in a reverse crab position (see photo below). Place a selection of tennis balls or rolled up socks in line with their hands. 30cm away (a ruler length) place an empty bowl or bucket. Have student balance on one hand, reaching for ball/socks with the other and then reaching forward (while maintaining balance) to place ball/sock into the bowl/bucket.



This activity is great for shoulder strength, core strength and balance. For students who have difficulty modifying their writing pressure (they write too hard or too soft) this is a great activity to increase the sensory input in their hands to increase their awareness of pressure. Students may find that this activity is easier to do on one side, with their dominant hand holding up their bodies. Encourage students to switch sides, using left hand to hold up body while right hand places item in bowl/bucket and then swap using the right hand to hold up the body while the left hand places items in the bowl/bucket. This activity can be very tiring, so start slow and increase repetitions based on how well the student is able to participate without falling down.