

Holiday Gift Ideas

"Play is really the work of childhood" - Fred Rogers.

See below for some ideas to help turn "therapy time" into guided playtime to maximize your child's potential.

To improve walking:

- Mr. Bucket- Mr. Bucket shoots balls out of his bucket while he wheels around the room. Scoop them up and get them back in the bucket. He has removable arms that make this easier or more challenging.



- Monster Feet, stepping stones, pool noodles, balance pods



- Rubber Foot Cut-outs



- Space out to encourage long steps, jump/hop to different colors, place on stairs to encourage switching feet OR leading with non-preferred foot when doing step-together pattern.

To improve standing balance, coordination, motor planning, endurance:

- Zoom ball- Stand opposite a partner. Each grab handles. Zoom the ball back and forth by opening and closing your arms. You can do this side to side or up and down.



-
- Standing on one leg:



Stomp Rocket



○ ● ● Scooter



Stomp Board

To improve strength, endurance, running, jumping:

- Cones, Hoops and Bean Bags:
 - Run between or around cones. Grab a bag from one side and bring it to the other.
 - Walk around in figure 8's.



- Toss hoops onto cones.

- Hop Along Ball



-

- Plasma Car



-

Use your body to make it go.

Familiar Games for motor planning, coordination, balance, strength, throwing:

- Crocodile Hop, Elefun, The Floor is Lava



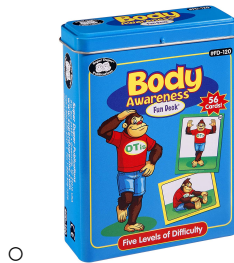
-



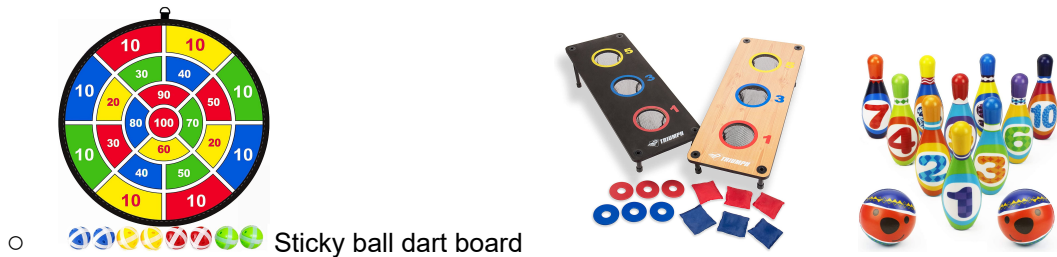
- Movement Games: Circus Ruckus, Pancake Pile-Up,



- Yoga Body Awareness Cards



- Games to work on tossing/throwing/rolling



Universally fun things to have on hand:

- **Therapy ball:** with supervision
 - Roll it, bounce-catch it, bounce on it in sitting, do wheelbarrow walkouts.
- **Pool Noodles:** In their natural state, cut lengthwise to make a flat bottom, cut in 2-4 inch wide pieces.
 - Step over, make a pathway between noodles, make a balance beam with flat side down (if cut lengthwise)
 -
- **Bubbles and Bubble Toys:** Blowing several bubbles at once for attention and engagement or catching a single bubble on a wand to encourage reaching or another activity of choice.

- **Balls:** All different sizes, textures and shapes. Ball Pits.
- **Squigz:**



Great for the season: Don't forget about all the wonderful snow toys.

- Sled: Pull your child on his/her tummy or sitting. On tummy will strengthen the back and buttocks muscles. In sitting will strengthen core muscles and challenge balance. Pile snowballs on the sled and have your child pull them to another spot to work on strength.
- Snowball makers: Work on activities requiring both hands and, of course, throwing!
- Snow brick makers: These encourage squatting, scooping, flipping. You can even kick them down to work on standing on one foot.