

ROLLING

We are rolling out a new school schedule and we've been practicing rolling in PE. Let's stay on a roll by playing some fun rolling games at home!

Burrito Roll-Up <https://video.link/w/jYjQb> Link to Youtube example

- Tell your child you are hungry and could really go for a nice, big, yummy burrito!
- Fold a sheet or blanket lengthwise. It should be as wide as your child's body from just above shoulders to ankles.
- Have your child lie on his/her back at one end with head and feet over the edges of the blanket.
- Have your child start to roll. Follow along with the edge of the blanket to tuck it around your child as he/she rolls all the way to the other side, turning into a yummy burrito.
- You can use your hands to roll your child while he/she learns the activity.
- Once your child is fully rolled up, take a couple bites of the burrito.
- Is it missing something??? "Hmmm, this might be even more yummy with....."
- Raise the edge of the blanket to start unrolling your child.
- Roll all the way back to the start. Add a hand towel, stuffed animal or other soft, flat item to be another ingredient: lettuce/cheese/avocado...whatever your child likes! Keep repeating until your burrito is just the way you like it :)

Human Bowling Ball

- Set up pins in a row (toy bowling pins, cardboard tubes from toilet paper or paper towel).
- Lie sideways to the pins a few feet away.
- Roll into the pins to knock them down!
- Start as close as needed to get the activity going. Increase the distance to increase the challenge.
- Do this with your child's head at each end to see which side is easier. Work on making both sides the same. This will build strength and flexibility while improving posture and movement.

Basic Roll <https://video.link/w/o4kQb>

- Use a natural path in your home or create one with tape or playmats.
- Have your child lie at one end of the space like a pencil/log.
- Roll from one side of a space to the other.
- Do this over the right and left sides. The goal is that one side is not better than the other.
- You can fully help your child with the roll or model it and assist your child as needed.
- Make it more fun by:
 - Rolling in the snow or down a small hill.
 - Rolling to one side to get a puzzle or game piece, rolling back to the start to place the piece.
 - Rolling under things.
 - Crepe paper zig zag a few feet above the ground (secured between couches or painter's tape to the wall)
 - Under a fort (Secure one end of a sheet under the mattress/couch cushion. Hold the other end to provide something to roll under).

Why work on rolling?

Rolling is a great, fun way to build coordination, motor control and postural stability. It involves shifting our weight from one side of our body to the other (like when we walk or do stairs), crossing the midline of our body (an important skill for writing, reading, sports, etc) and coordinating movements of our arms, legs and trunk. It also brings in rotation to our movement which is a movement some avoid. In addition to the gross motor benefits, rolling builds our sensory system by providing vestibular and proprioceptive input. This helps us know where our bodies are in space, regulate our readiness to learn and help our posture. Watch your child for an undesired response (getting ramped up, nauseous, worsening balance) as the input can sometimes be too much. Start slow and increase as tolerated.