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PHYSICAL THERAPY ACTIVITIES

Little Pea

by Amy Krouse Rosenthal

The story Little Pea, presents many opportunities to work on PT skills. Big muscle coordination and strengthening is easy with this story! Working within the classroom alongside other teachers & therapists is an excellent way to approach activities. Here are some ideas we hope you will find helpful! Please share with us YOUR ideas & strategies that you experienced so that we may post them on LLL.

Bean Bag Toss

- * Lay print-outs from the story on the floor, or in banker box tops so that there are four-to-six pictures lined up on the floor. From a set distance, have a child toss a bean bag onto one of the pictures. With each successful toss, the child performs a body movement.
- * Attach illustrations from story book on the back of chairs. Have child to hit each one using a bean bag
- * Line green balls (Pea characters) from the story along a table. Have child try to knock a ball off with a beanbag.

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Hopscotch

- * Similar to Little Pea in the story, set up a hopscotch course
- * Each lap child completes, they collect a ball, a puzzle piece, a spoon, bean bag, etc
- * Each jump a child makes, they exclaim, "Yech!" or "Bleh!" like Little Pea does in this story
- * Have children collect bean bags (candy) as they jump through the course

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Balance & Jumping

- * Children walk across balance beam, following a line of green floor tape
- * Children run within two lines of green floor tape
- * Child jumps over spoons as they travel on a safety line
- * Place floor shapes down and have children hop from one "piece of candy" to the next

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Moving a Ball (Pea)

- * Have child see how far they can throw various types of balls (pretend peas)
- * Using their knees, have child secure a ball between their knees, and move across room
- * Have child move balls from the top of the stairs to the bottom of the stairs
- * Have child stand at bottom of stairs to catch ball (pea) peer drops down steps
- * Child moves Little Pea around cones using their foot, hand, or head
- * Similar to the game "not in my backyard", children race to throw balls from their side of a line while peers are throwing balls back

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Pea Team Scooters

- * Using scooters, have a team of two peers take turns pushing each other on a scooter along a safety line
- * Have peers take turns following the leader on their own scooter
- * Have children place a bean bag (candy) on their scooter, and deliver it to a matching hula hoop across the room
- * Shuttle bean bags from one hula hoop to another: moving "candy" from one candy dish to another

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Animal Sit-Ups

- * Have child complete sit-ups, touch and naming each color of candy from the book
- * See if child can keep a large pom pom or bean bag (candy) on their tummy while completing a sit-up

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Stompers / Catching

- * Little Pea stompers: using stomp boards, have children launch bean bags (candy) into the air to catch
- * In teams, children try to stomp a piece of "candy" to their team mate to catch
- * See how many pieces of "candy" children can catch in a row

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