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## PHYSICAL THERAPY ACTIVITIES

### Llama Llama Misses Mama

by Anna Dewdney

The story Llama Llama Misses Mama, presents many opportunities to work on PT skills. From gross motor movement and core strengthening skills, to developing body coordination and self-confidence skills. Working within the classroom alongside other teachers and therapists is an excellent way to approach activities. Here are some ideas. We hope you will share with us YOUR ideas and strategies that you experienced so that we may post them on LLL. Enjoy!

#### **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 play Llama and/or characters from the story along a table. Have child try to knock over the toy with a beanbag.

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#### **Moving Llama Fur**

- \* Have child see how far they can throw a piece of llama fur (cotton ball, pom pom, etc.)
- \* Using their knees, have child secure a cotton ball (or bean bag, pom pom, etc.) between their knees, and move across room
- \* Have child move cotton balls from the top of the stairs to the bottom of the stairs to glue on template, or fill a "Llama bowl."

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## Animal Obstacle Course

- \* Set up an obstacle course, and place stuffed animals/animal pictures throughout the course;
- \* As children complete each step of the obstacle course they announce the animal they found.

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## Animal Rides

- \* Using scooters, have children move stuffed animals (or pictures of animals) from point A to point B;
- \* Have children collect animals positioned throughout a scooter course;
- \* Call out a specific animal, and have child retrieve that specific animal;
- \* Relay style, have teams each carry an animal with them as they complete the race.

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## Animal Walks

- \* Using the printable for the story, demonstrate how each animal walks;
- \* Have child practice by imitating you;
- \* Shuffle pictures, flashing one animal picture at a time for the child to demonstrate;
- \* Lay all the cards face down, and have child move to the cards and turn one over to demonstrate;
- \* Have child toss a bean bag on cards to see which one they need to demonstrate;
- \* Have children work in teams to animal walk to retrieve stuffed animal and return it "home"
- \* Lay stuffed animals out on floor for children to traverse as an animal.

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## Animal Sit-Ups

- \* Have child complete sit-ups, touch and naming each animal as they rise to a sit;
- \* Have child complete one sit-up for every leg on each of the animal cards (i.e. Llama=4, Giraffe=4, etc.)

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## Animal Push-Ups

- \* Have child say the name of each animal card shown as they complete a push-up;
- \* Similar to ABC push-ups, have child say name of each animal they remember as they push up, cross-touch one shoulder, and then repeat.

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