



LOOK LOOK LEARN, LLC

PHYSICAL THERAPY ACTIVITIES

Jack and the Beanstalk

This story abounds with opportunities to explore climbing, crawling, kicking, swinging, throwing, and working on core muscle strengthening & motor planning skills. We utilized very real props, such as a ladder (to simulate climbing a beanstalk), a gym rope (for swinging down a beanstalk), heavy boxes (representing a large box of gold coins), and gross motor movements representing movements by characters.

- * Climbing a beanstalk (Stairs, a ladder, play structure outdoors, etc)
- * Bear Walk (Using a rope on the floor that represents a beanstalk. Stopping to pick up a beans along the way!)
- * Jumping from golden egg to golden egg, or leaf to leaf
- * Balancing on a beam
- * Holding a plank so the giant doesn't hear you
- * Scooter race to retrieve pieces from the story
- * Pulling self on scooter along a taut rope, as if climbing a beanstalk
- * Cow walking
- * Sit-ups to retrieve golden eggs, or to "chop" wood being held above their knees
- * Skipping home with magic beans
- * Overhand throwing of bean bags, with appropriate foot stepping - try to knock down a toy Giant