


# EVERYDAY PLAY ACTIVITIES TO BUILD CORE STRENGTH

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Core strengthening is essential for the progression of other developmental skills and is the center of control for everything else the body does. In order to keep your balance, use both hands together, sit up straight in a chair, and control a pencil or scissors, you need a strong core!

Here are some ways that kids can build core strength every single day through play!

-Picking up objects from the floor. Try a relay race where kids have to retrieve an object from the ground and return it to a container!

-Rolling down a hill. Or any rolling at all!

-Lifting something heavy. Kids can help bring groceries in from the car or take out the garbage.

-Pushing and pulling activities. Pushing a chair out of the way to sweep after dinner, pulling a heavy laundry basket across the room to move it out of the way, pushing a sibling or friend in a stroller or pulling them in a wagon.

-Being on all fours. Give your child a section of the floor to scrub squeaky clean! Or try doing a puzzle or playing a board game in this position.

-Doing somersaults!

-Climbing up a slide, climbing the stairs on all fours, or climbing a tree!

-Riding a bike

-Sweeping or mopping floors, raking leaves, or shoveling snow