

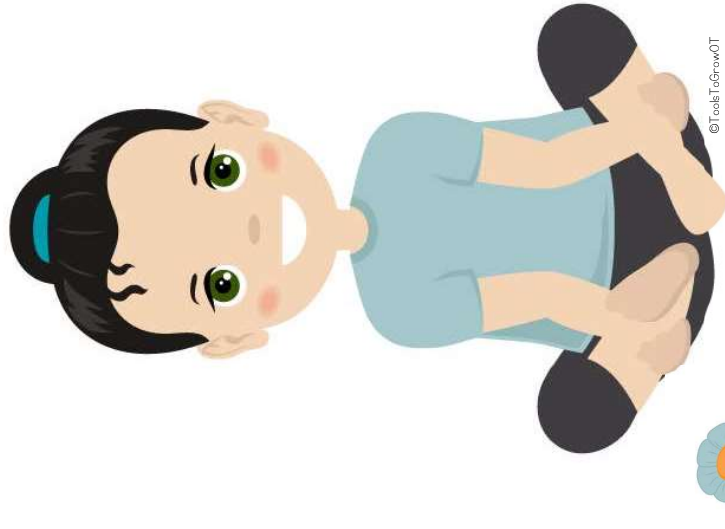
TOOLS TO GROW
at home

spring 

HOME THERAPY
PACKET

PRESCHOOL - SCHOOL AGE CHILDREN

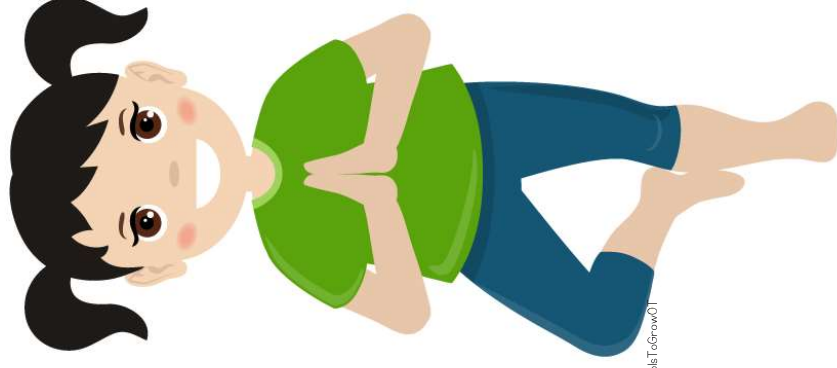




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FLOWER pose

1. Sit on bottom, body upright.
2. Bring bottoms of feet together and knees out to the sides.
3. Thread hands under lifted knees.



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TREE pose

1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.



STAR pose



1. Stand tall, with feet shoulder width apart.
2. Extend arms straight out to the sides.
3. Stand still or sway back and forth.

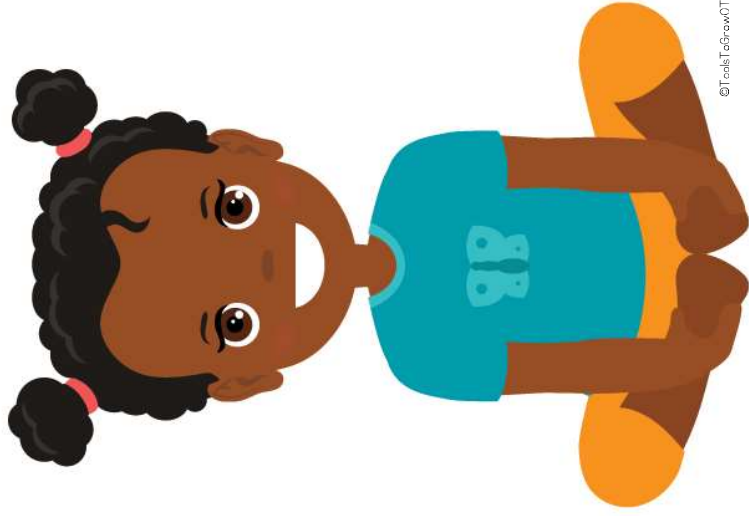


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TURTLE pose

1. Sit on bottom, legs hip-width apart.
2. Bend knees, and thread arms under.
3. Bend forward, touching head to the ground.



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BUTTERFLY pose

1. Sit up straight and tall.
2. Hold bottoms of feet together with hands.
3. Move your knees up and down, like butterfly wings, and focus on your breath.



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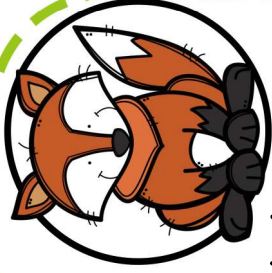


CHILD'S pose

1. Sit back on your heels.
2. Fold forward over your knees.
3. Stretch arms forward or back by feet.

GROSS MOTOR SPRING ANIMAL WALKS

FOX WALK



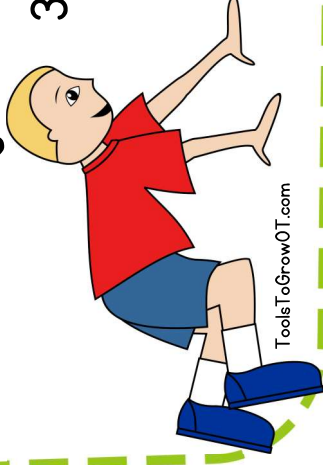
1. Bend down and place your fingertips on your toes.
2. Move each leg forward one at a time.
3. Try to keep your fingertips on your toes!

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RACCOON WALK



1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.



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HEDGEHOG RUN



1. Bend forward to place hands on floor.
2. Quickly move forward, alternating your right foot and right hand together.
3. Next quickly move your left hand and left foot together.

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SQUIRREL JUMP



1. Place your hands in front of you.
2. Push off with your feet to spring forward.

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BEAR WALK



1. Bend forward to place hands on floor.
2. Move right hand and right foot at the same time.
3. Move left foot and left hand at the same time.



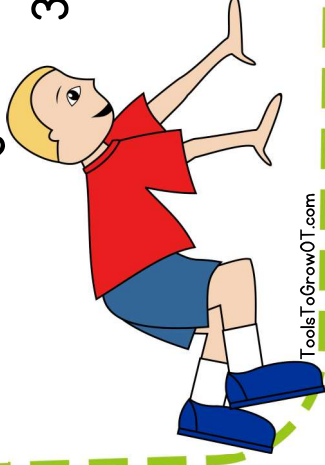
4. Go Slow!

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WOLF WALK



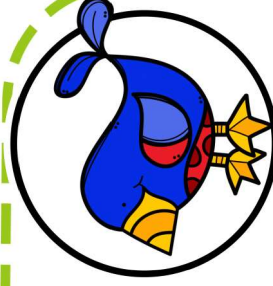
1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.



4. Howl!

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BIRD FLY

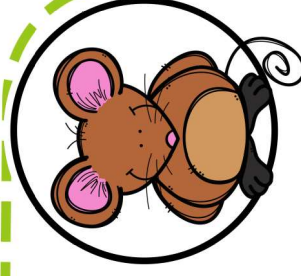


1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!



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MOUSE RUN



1. Bend forward to place hands on the floor.
2. Move right hand and right foot forward at the same time.
3. Move left hand and left foot forward at the same time.



4. Go fast!

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