

Core Strengthening Activities

- Swimming; one of the best!
- Yoga poses
- Physioball exercises
- Theraband exercises – cross rotation
- Walking or jogging
- Animal walks- walk like a bear or an elephant
- Ride tricycles or bicycles
- Play catch and throw with a large light weight ball
- Ball games: kickball, balloon volleyball
- Sports: bowling, mini golf, tennis, T-ball or baseball, basketball etc. Try to avoid high impact sports
- Cross body rotational activities like swinging a racket or bat are great
- Carry buckets filled with sand or water
- Carry a small suitcase with toys
- Collect rocks or seashells, stooping down and standing up repeatedly
- Chores: taking clothes out of the dryer, dusting, making the bed, sweeping, shoveling snow, raking
- Reach up to pop bubbles
- Kneel or half kneel while doing a hand activity
- Pushing – weighted toys or carts
- Running, especially while holding something up like kites or wand

