

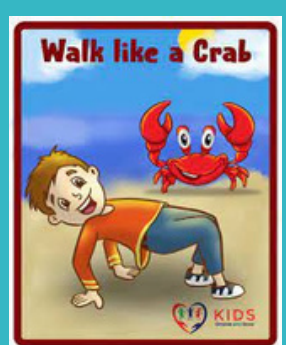
# 7 ACTIVITIES FOR CORE STRENGTHENING IN KIDS

## PUTTING THE FUN IN (FUN)CTIONAL

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### CRAB WALK RACE

1. Child moves from seated position, reaches behind, places feet hip distance apart, and lifts hips off the floor. Move alternate hand and foot to walk forwards and backwards.
  - a. Sometimes this might be too difficult. When this happens try having them scoot instead.



### WHEELBARROW RELAY

1. Have child start in a pushup position and then lift their feet from behind and have child move hands forward to "walk".
  - a. Sometimes this might be difficult, if so, you can try holding closer to their hips for stability.

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### PUSHING AND PULLING ACTIVITIES

1. This can be as simple as the child pushing a sibling or stuffed animal in a stroller, helping carry groceries, carrying toys to put away, and/or pushing/pulling a laundry basket.



## PUSH UPS

1. Have the child get down on all fours and place hands slightly wider than shoulders
2. Straighten arms and legs
3. Lower body until chest nearly touches the floor
4. Pause, then push self back up
5. Repeat

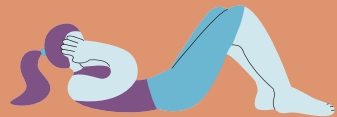
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## SIT UPS

1. Have child lie on back with feet on floor and knees bent
2. Place hands on either side of head
3. Bend hips and waist to raise body off the ground
4. Lower body back to the ground to starting position
5. Repeat

5



## OBSTACLE COURSE

1. A variety of items can be set up for the child to step over, step on, walk over, crawl under/over, and maneuver around.
2. Different textures and types of surfaces would provide a greater challenge to the child as needed.

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## COME VISIT US AT ALL ACCESS THERAPY!!

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# Why is having a strong core so important?

Core strength is the foundation of your stability and mobility.

## Additional benefits:

Balance

Stability

Posture

Handwriting

Fine motor control (writing, grasping, eating, drawing)

Gross motor control (walking, sports)

## Signs of poor core strength:

- Slouched or slumped posture
  - W-sitting
- Frequent seated posture changes or inability to sit still
  - Resting head on hand while seated
- Sloppy handwriting, difficulty with utensils, hard time holding objects
  - Frequent loss of balance
  - Needs frequent rest breaks
  - Difficulty with coordination
- Difficulty with posture and fatigue during meal time

Here are some examples to know if your child is on track. Your infant should be sitting independently and catch himself/herself when they fall by 9 months. A 5-year-old should be able to complete 5-7 sit ups/pushups while a 15-year-old should be able to complete 30-35. A four-year-old should be able to move forward and backward without losing balance and maintain balance on one foot for 5 seconds. A five-year-old should be able to stand on a single leg for 10 seconds and be able to change directions while running. A child not meeting these norms may need some more support and that's okay! We are here to help.

## TALK TO US

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