



# At-Home Core Strengthening Ideas

## Careful Crossing!

- Place strips of tape on the floor and scatter objects about. Cross the room. Don't touch anything! Try crawling or walking backward.

## Superman Rescue!

- Encourage kids to get creative and to think of "rescue" scenarios. Now save the day!
- Lie on tummy with hands out and feet up.

## Commando Crawl!

- Lie on tummy. Use knees and arms to move forward.

## Puppy Walk!

- Get on hands and feet. Move forward like a silly puppy.

## Walk in High Kneel!

- Get on knees. Try to cross the room moving in this way!

## Sleepy Dog Walk!

- Get on hands and feet. Move slowly like a sleepy dog.



## Don't Drop the Egg!

- Carry a small ball or pompom on a spoon.
- Walk forward. Walk backward. Try high kneel.

## Over! Through! Repeat!

- Set up pillows and kitchen chairs in a room.
- Step over a pillow then through the chair legs!

## Move to the Music!

- Try 5 ways to move: walk forward, walk backward, kneel, commando crawl, heel to toe.
- Now play music. Freeze when the music stops!

## Sneaky Detective!

- Adult hides an object in a room. Child chooses a way to move then searches the room moving only this way. Be quiet! Don't make a sound!