

Activity	Puddle Jumping
Materials	Your Body, Construction Paper, Scissors
Skills Targeted	Lower body strength, coordination
Instructions:	<p>Cut out puddles and place them on your floor in your desired shape. It can be one big line, a circle, you can place the puddles close together or far apart. Set a timer for your desired time and tell your child "Let's see how many puddles you can hop on before the time runs out!"</p>  <p style="text-align: center;"> <i>Tot School</i> PUDDLE JUMPING </p> 
Modifications:	<p>If your child uses a walker or is not yet an independent stander, focus on supported standing and stepping rather than jumping from puddle to puddle.</p> <p>If your child is not yet standing, Rolling or crawling to each puddle is another option. Perhaps place puddles in a line and see how many puddles they can roll or crawl over in a set amount of time like a race.</p>

High level skills: Single leg hops on puddles to challenge and/or space the puddles far apart

Activity	5 lines of tape activity
Materials	5 separate lines of tape on a flat floor (or chalk outdoors) each about 12 inches apart
Skills Targeted	Jumping, hopping, postural control
Instructions:	You can use these lines in various ways:

1. Jumping forward, trying to reach each line with a two foot take off and



landing.

2. Jumping backward, trying to reach each line with a two foot take off and landing (may need careful guarding for this activity.)
3. Jumping sideways with a two foot take off and landing.
4. Tip toe steps on each line.
5. Hopping on one foot from line to line.



6. Stretch to see how far your child can get from one foot on one line to another.



7. Stretch to see how far your child can reach to maintain a plank pose.



8. See how far your child can reach when on their

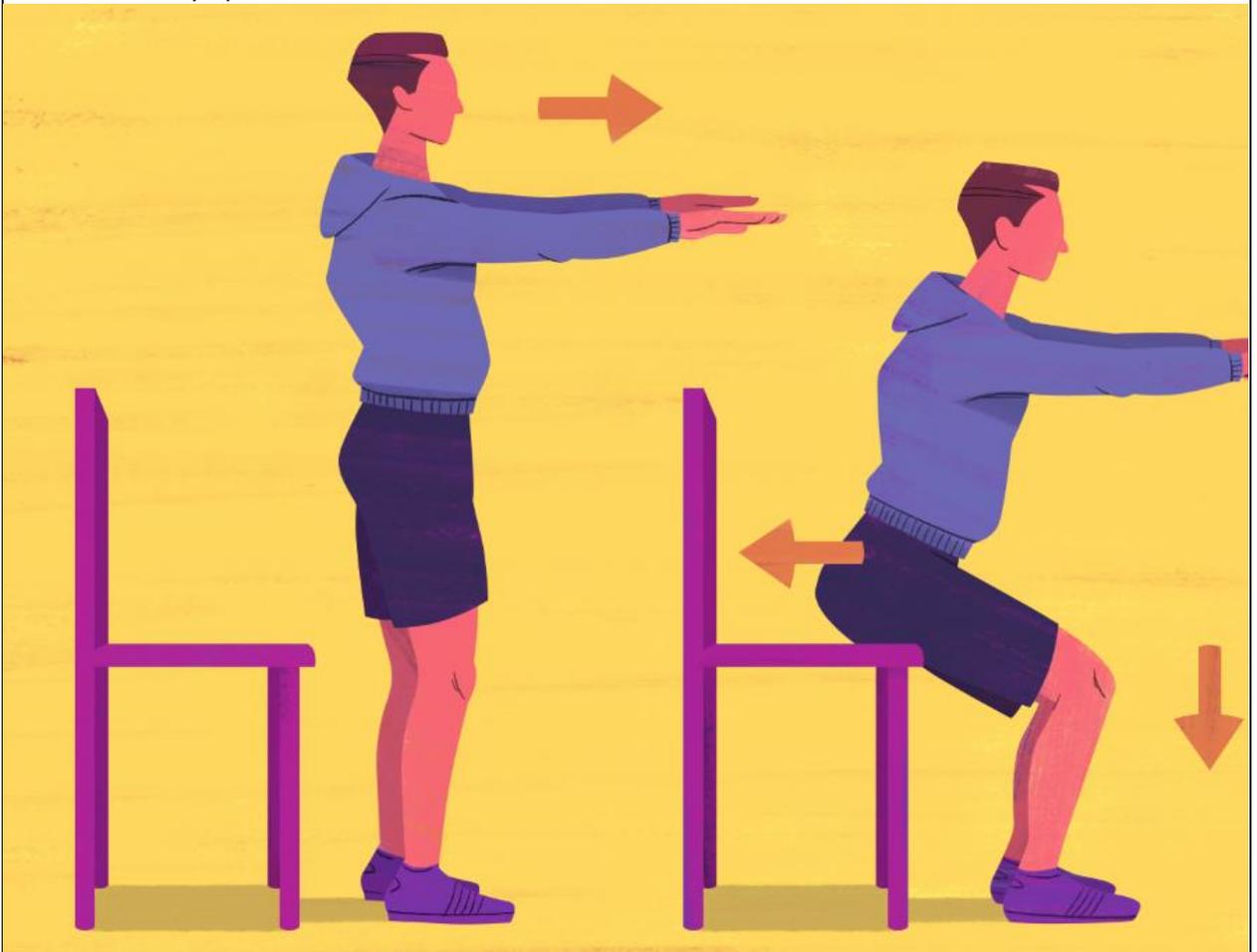


tummy.

Modificatio
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1. Your child may need the taped lines placed closer if they are not yet jumping. Tip toe walking is a great way to strengthen their muscles to prepare for the dynamic strength required for jumping.
2. If your child is not yet walking, they may need trunk support through the course to achieve tip toe walking/flat foot contact steps or knee walking.
3. If your child is not yet sitting, these taped lines can be used to mark off how far your child can reach to grab a toy while in sitting. Place toys along this line to encourage a cross body reach while propping

with their arm that they are leaning toward. (Ex: Child is reaching toward a toy to their right. They hold themselves steady with their right hand and retrieve the toy with their left hand)

Activity	Commerical break Sit to Stands
Materials	A chair and your body
Skills Targeted	Lower extremity strength and endurance
Instructions:	<p>During the first one to two commercials during a TV commercial break, have your student perform as many sit to stands (going from a seated position to a standing position and then back to a seated position) as they can. See if during the next commercial break they can beat this number. Make sure they stand all the way up each time.</p> 
Modifications:	<p>1.If this is difficult for your child, start with just a set number instead of it being time-related. I.e. completing 5 repetitions, no matter how long it takes them.</p> <p>2.To make this harder, have them barely touch down on to the chair before they stand up again so there is little rest time.</p>