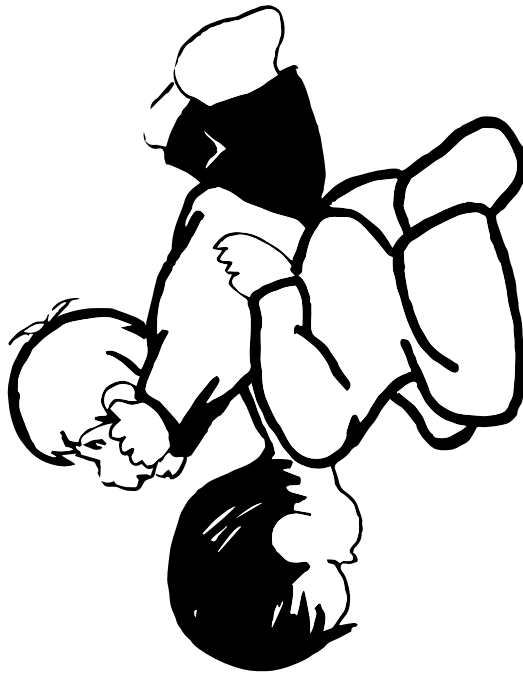



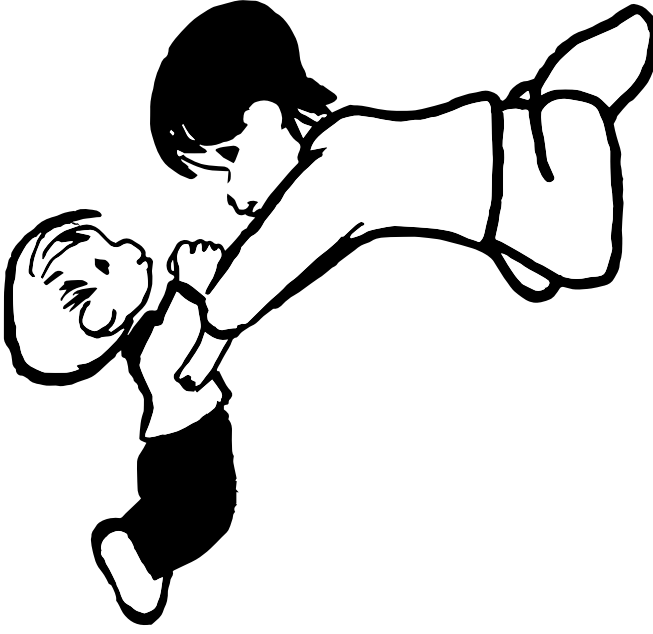

**Roughhousing/Two-Person Physical Games**



**Yankee Doodle Went to Town ...**

**Objectives**

- To provide touch pressure to child's tummy area
- To provide linear calming movement
- To develop "protective reactions" in arms when you lower them to the ground

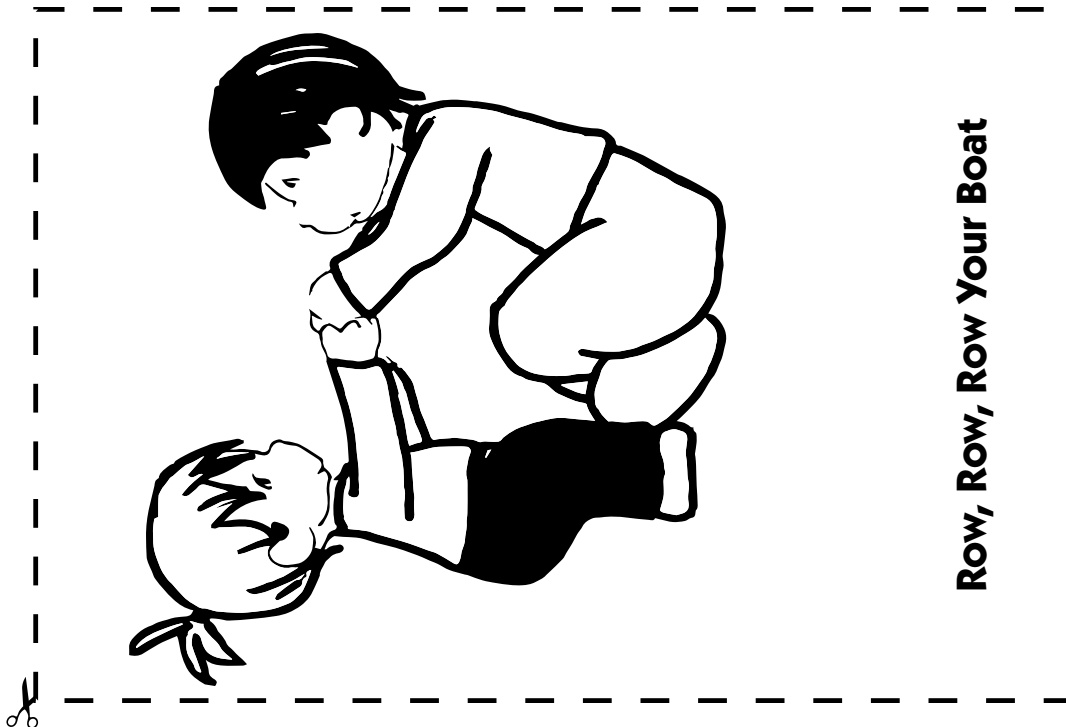


**Grand Old Duke of York**

**Objectives**

- To provide movement, paired with language, up and down
- To increase body position sense and head movement
- To develop adult's upper body strength

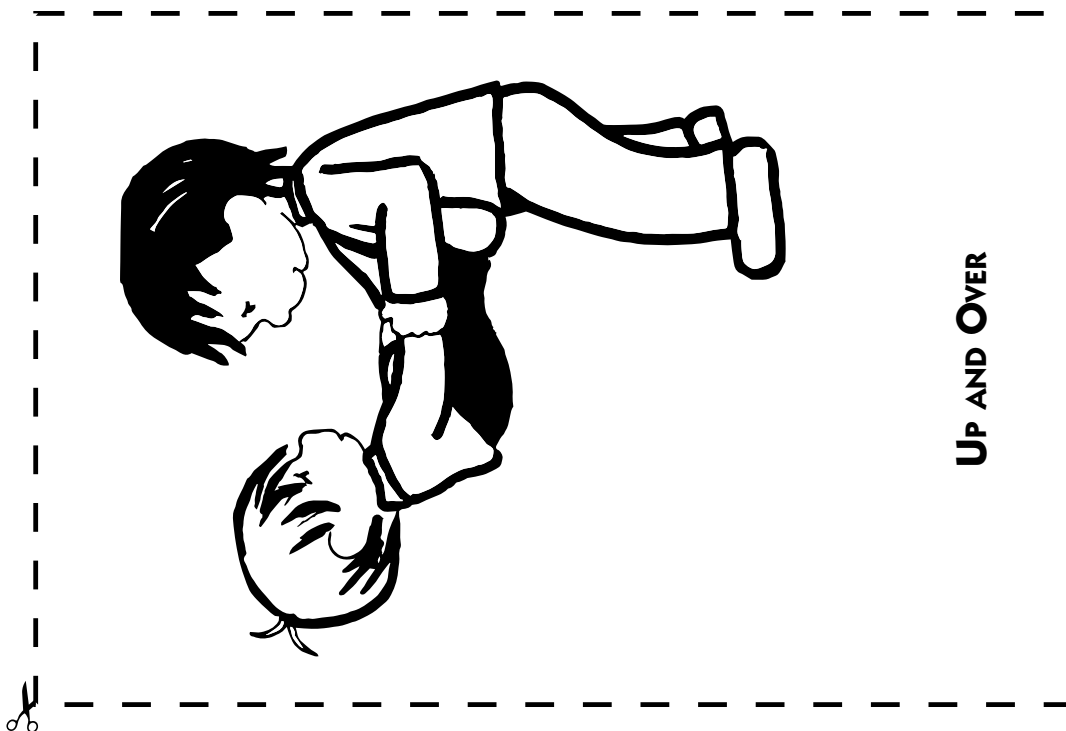
Start with small lifts until child is comfortable.



**Row, Row, Row Your Boat**

**Objectives**

- To provide firm pressure touch to hands
- To increase body awareness through push-pull activity
- To develop upper body strength
- To promote standing balance

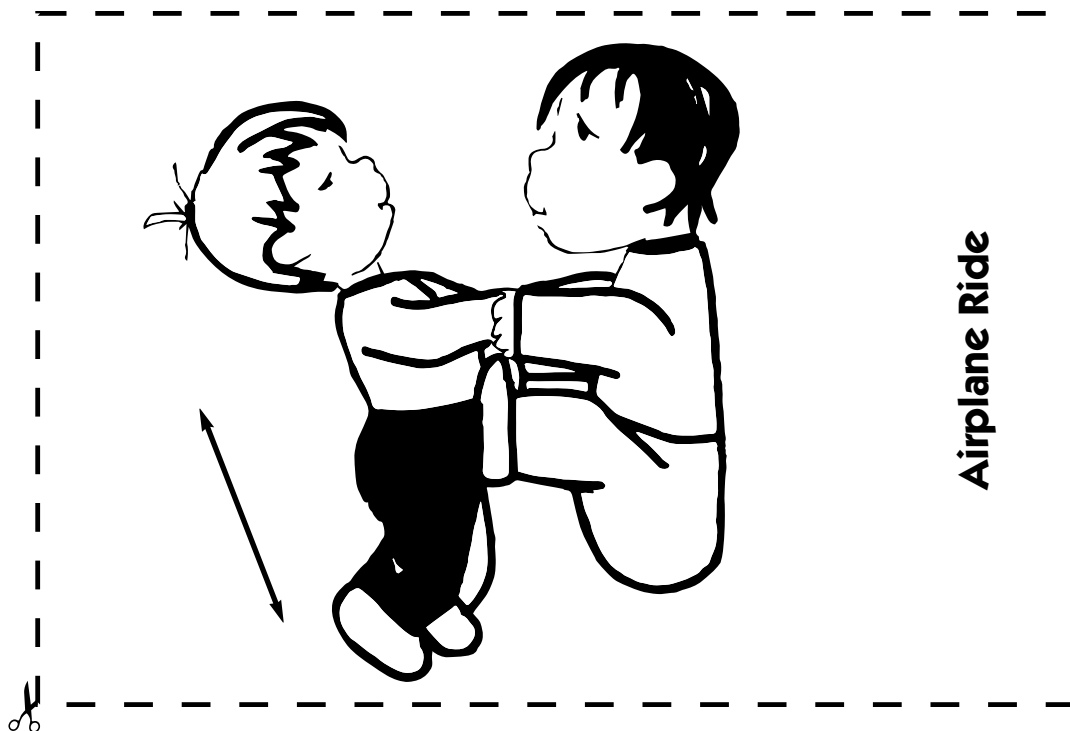


**UP AND OVER**

**OBJECTIVES**

- To provide strong head movement in the upside-down position
- To develop arm and hand strength

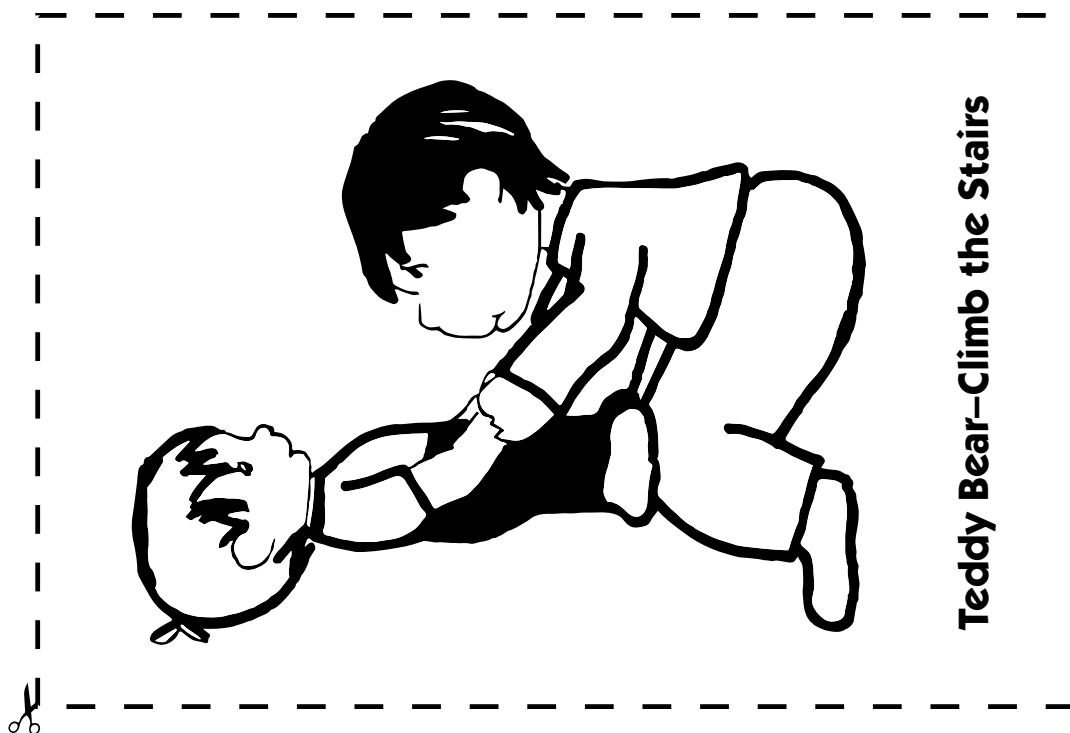
BE SURE THE CHILD HAS GOOD MUSCLE TONE BEFORE TRYING—USE ANOTHER ADULT TO “SPOT.”



### Airplane Ride

#### Objectives

- To provide deep pressure touch to hands and tummy
- To increase body awareness through up, down, sway
- To develop back and neck extension muscles
- To promote basic balance



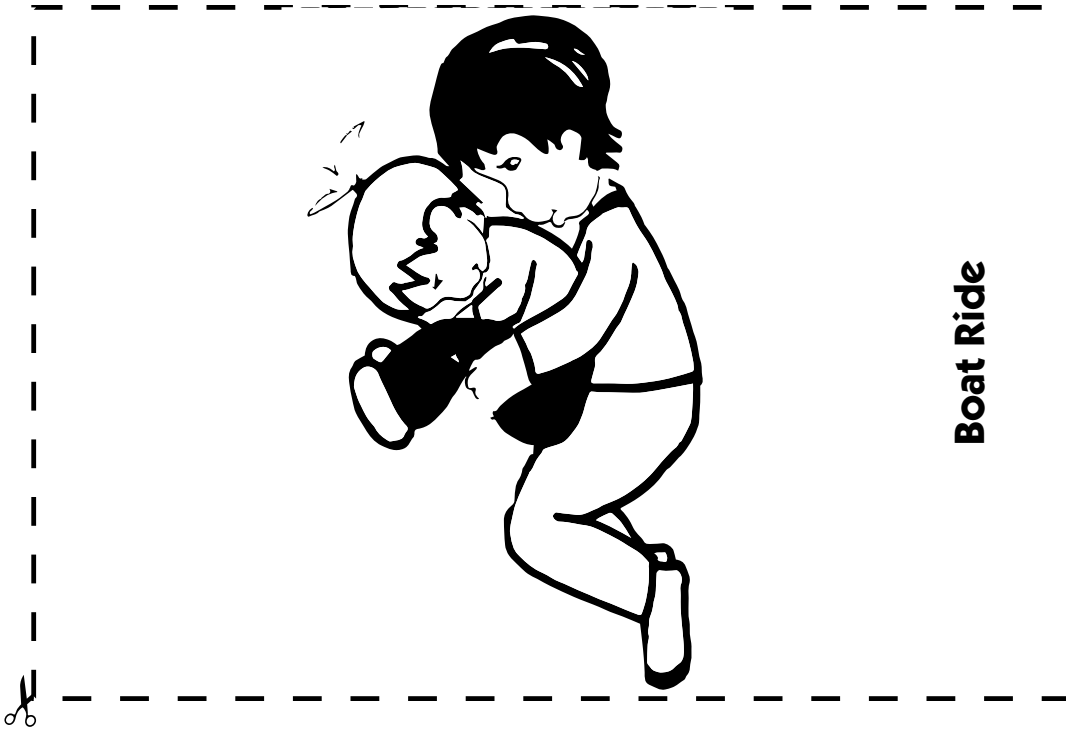
### Teddy Bear-Climb the Stairs

#### Objectives

- To provide deep-pressure touch to hands
- To increase body awareness and standing balance
- To develop standing balance

You may adapt the same chant to a variety of motor movements.

# BUILDING BRIDGES THROUGH SENSORY INTEGRATION

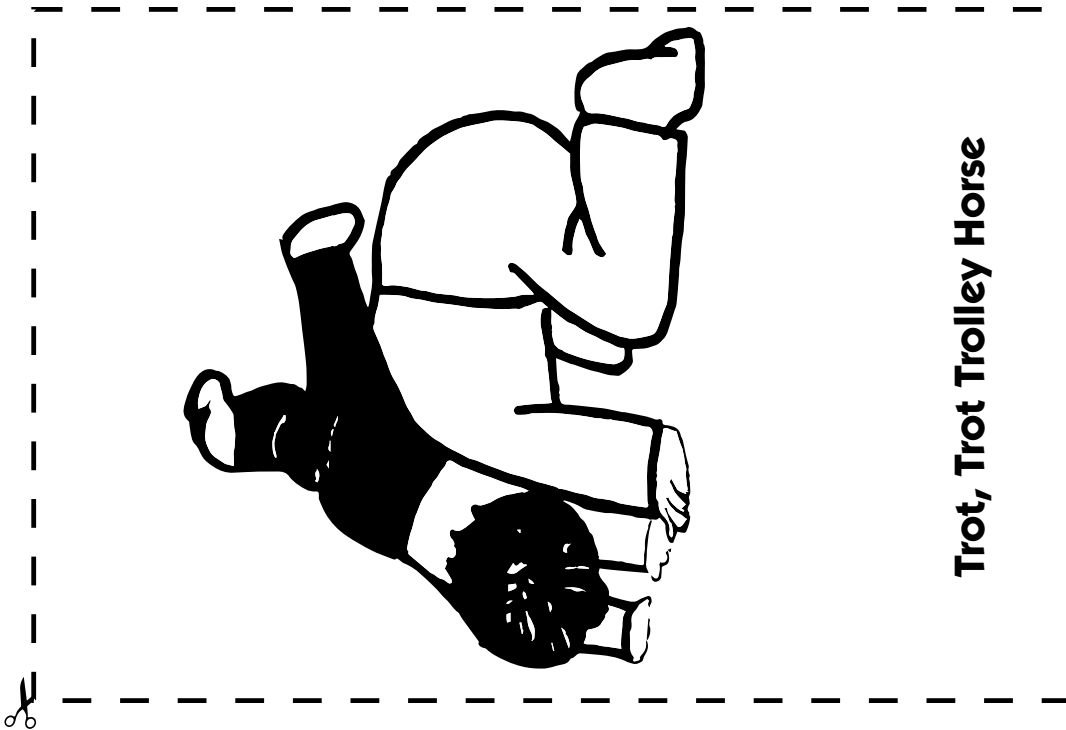


## Boat Ride

### Objectives

- To provide deep-touch pressure to body
- To provide calming head movement
- To promote language skills

Chant: "Rock the boat 'til we laugh and shout, rock the boat 'til we all fall out!"

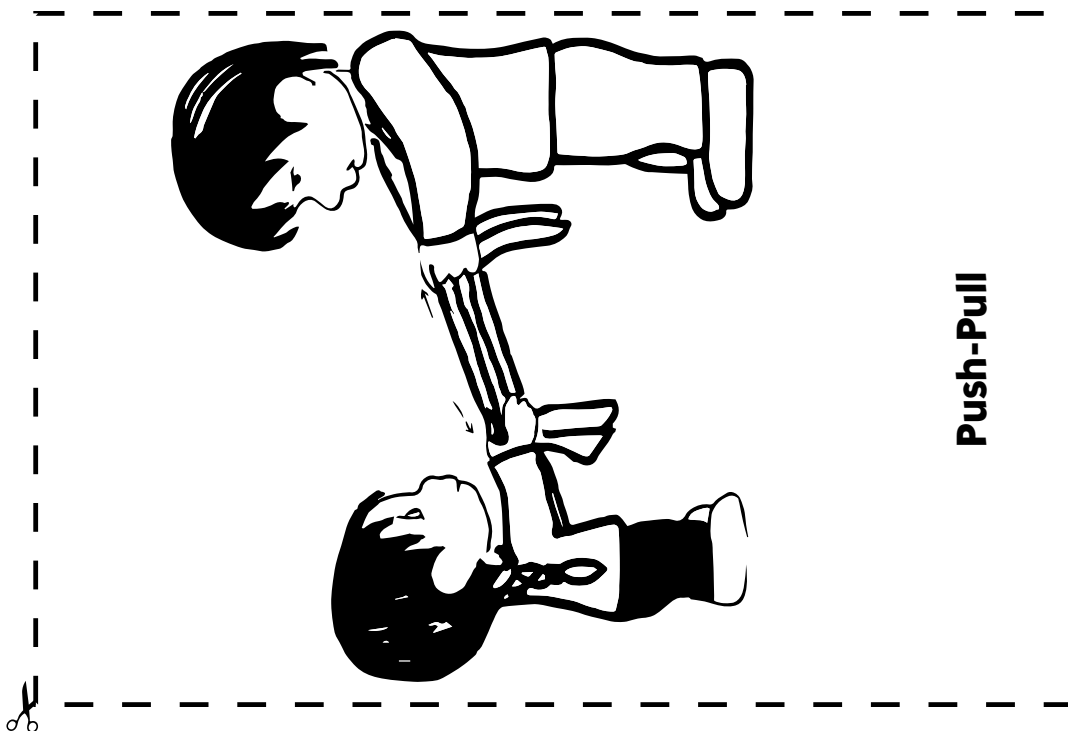


## Trot, Trot Trolley Horse

### Objectives

- To provide deep-pressure input to child's tummy
- To develop "protective reactions" in arms when you "shake them off!"

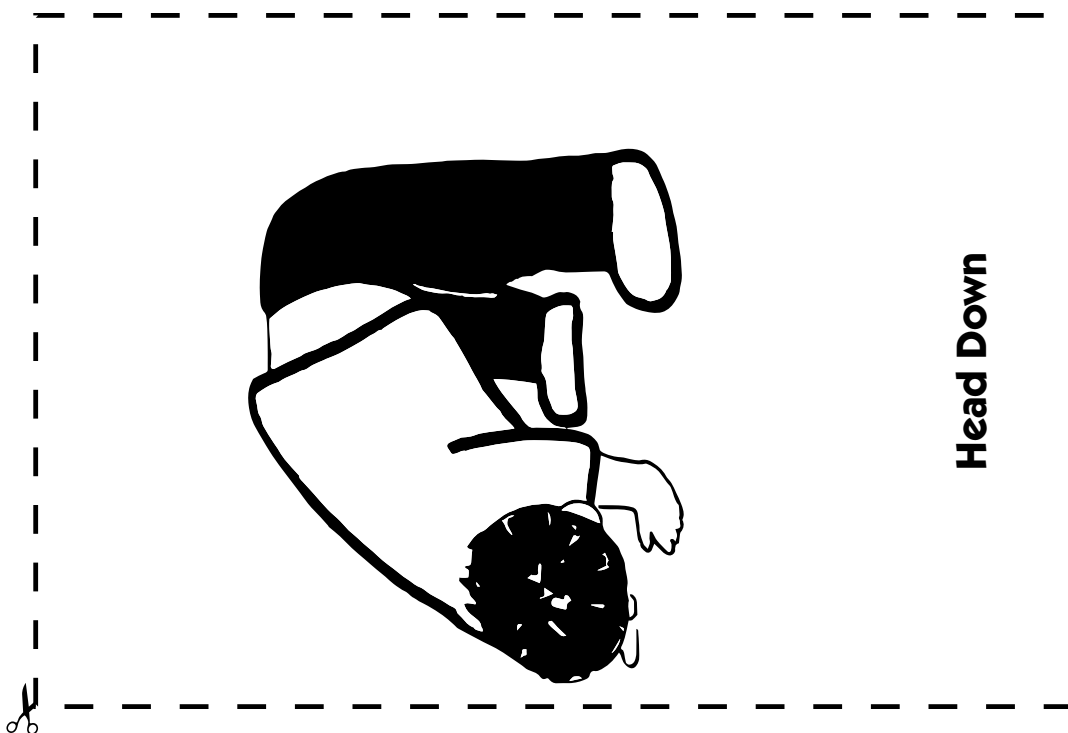
Chant "Trot, trot trolley horse up and down; look out [child's name], don't fall down!"



### Push-Pull

#### Objectives

- To provide calming push-pull input without direct touch (especially good for sensory-defensive children)
- To increase body awareness through push-pull activity
- To develop upper body and handgrip strength



### Head Down

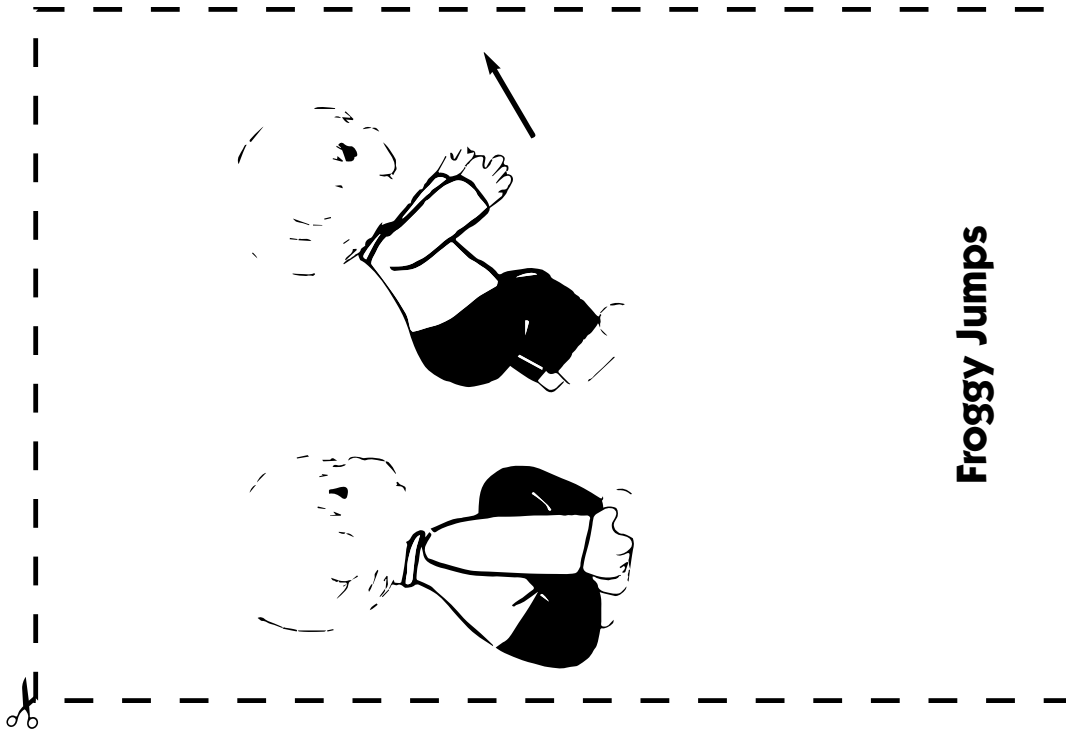
#### Objectives

- To provide head upside-down position (strong vestibular)
- To increase eye tracking

Song idea: "Ring Around the Rosey" (We all fall down)

# BUILDING BRIDGES THROUGH SENSORY INTEGRATION

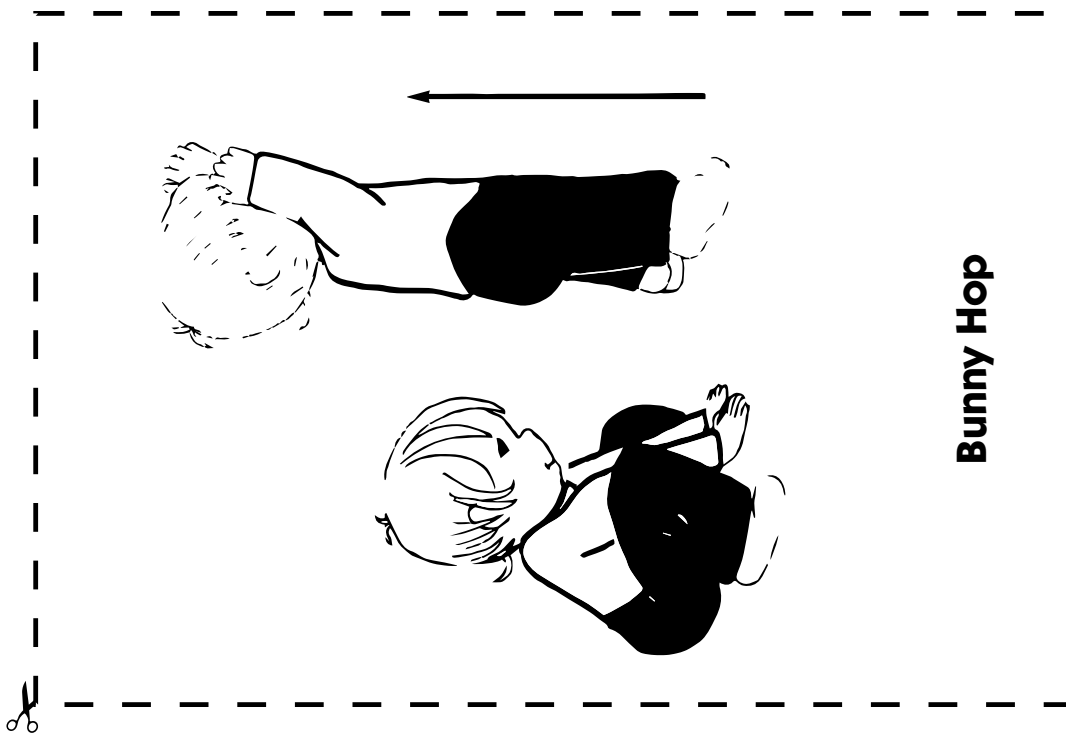
## Animal Walks



### Froggy Jumps

#### Objectives

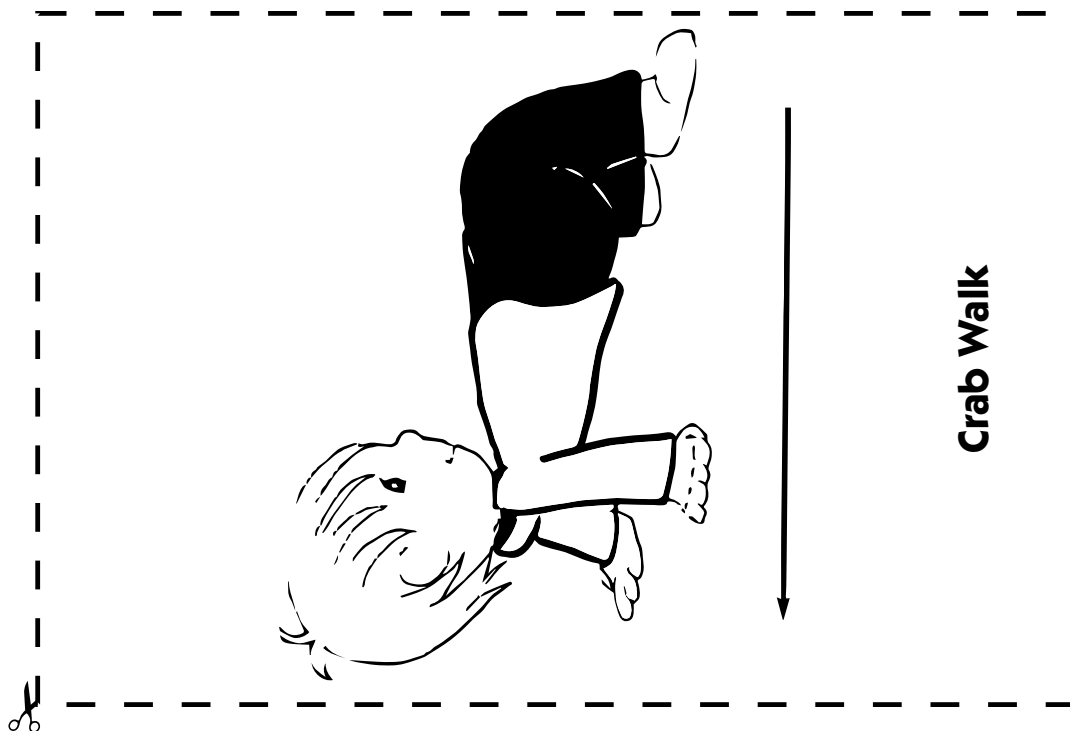
- To provide head movement to build body awareness
- To practice two-step, large muscle motor sequence
- To develop muscle endurance



### Bunny Hop

#### Objectives

- To provide touch input to hands from pushing off the floor
- To build strength in legs
- To develop two-sided body coordination
- To promote two-step motor sequence

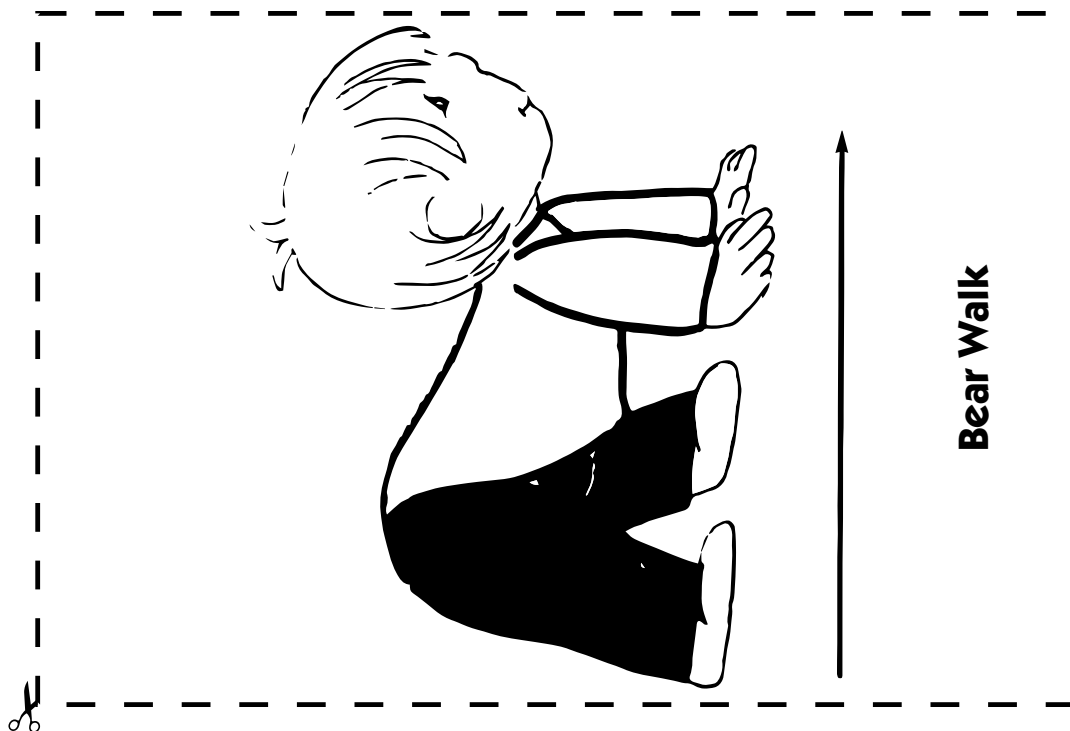


### Crab Walk

#### Objectives

- To provide pressure touch input to shoulders and hands
- To increase body awareness through weight bearing

If too difficult, start by asking the child to move tummy up and down while staying still.



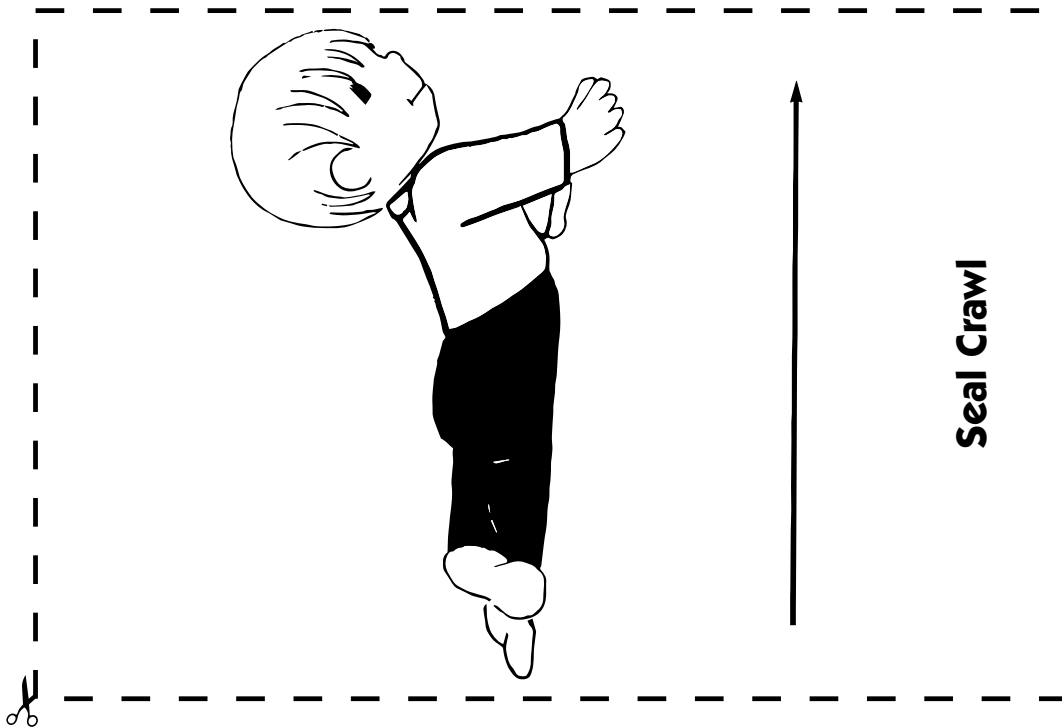
### Bear Walk

#### Objectives

- To provide tactile desensitization to hands from weight bearing on the floor
- To increase body awareness

Requires complex coordination of two body sides.

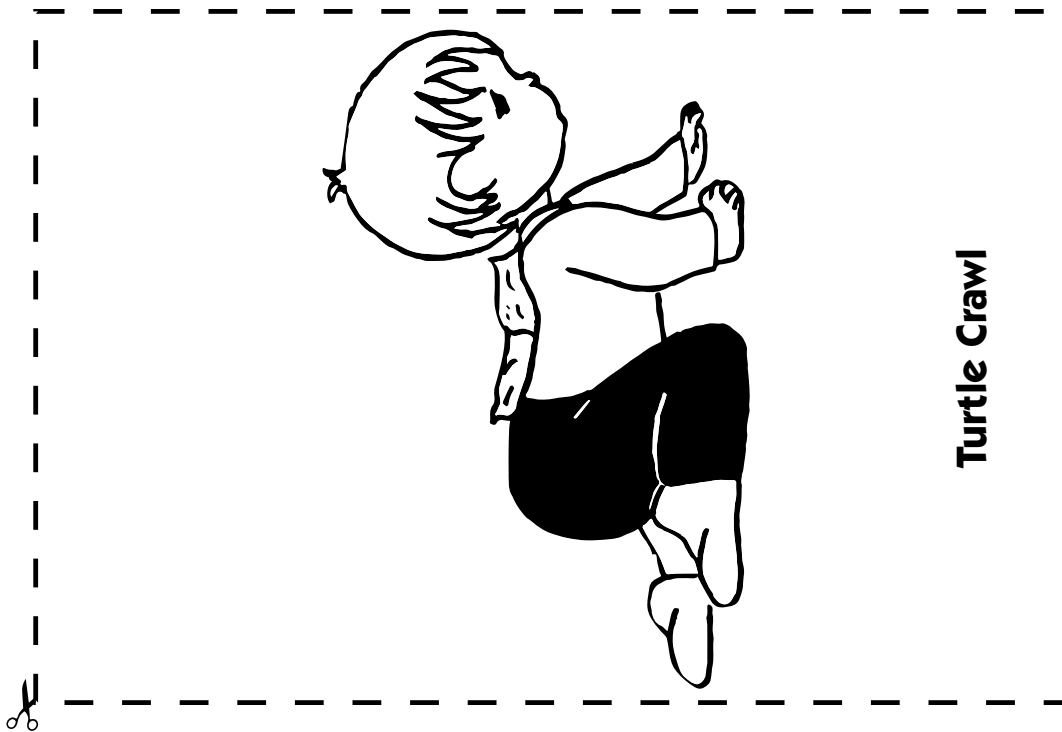
# BUILDING BRIDGES THROUGH SENSORY INTEGRATION



**Seal Crawl**

**Objectives**

- To provide touch pressure input to hands during weight bearing
- To increase upper back extension strength
- To build arm strength

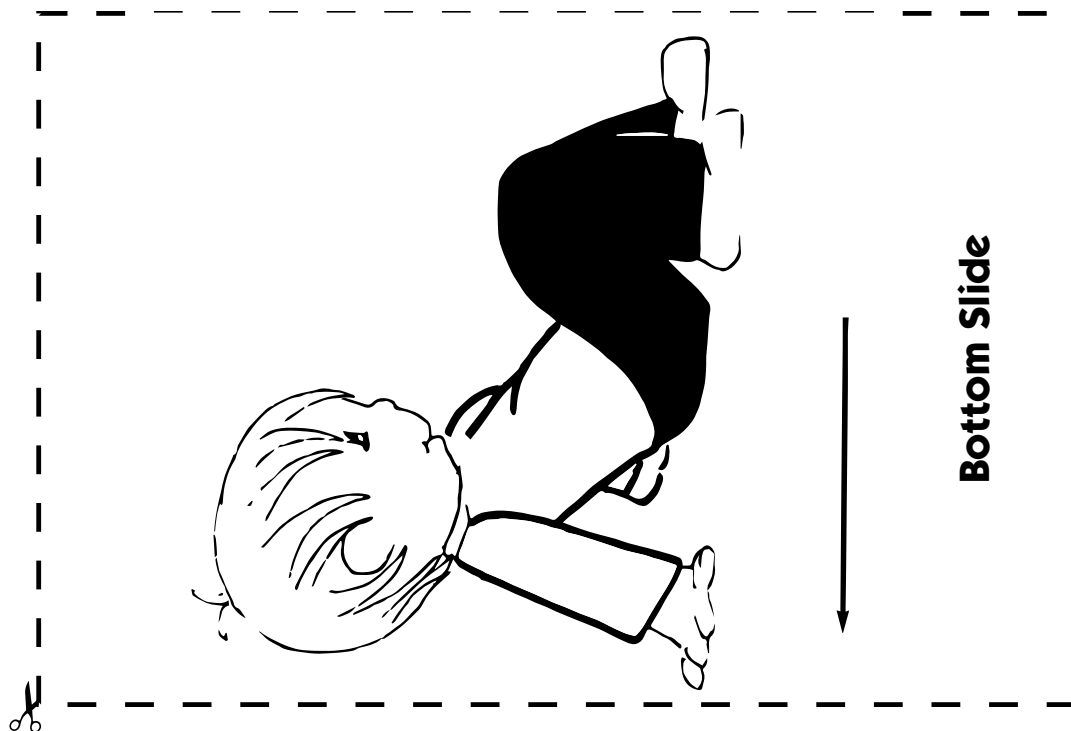


**Turtle Crawl**

**Objectives**

- To provide touch input to back from carrying an object
- To increase body awareness
- To develop upper body strength
- To promote motor control by moving fast versus slow



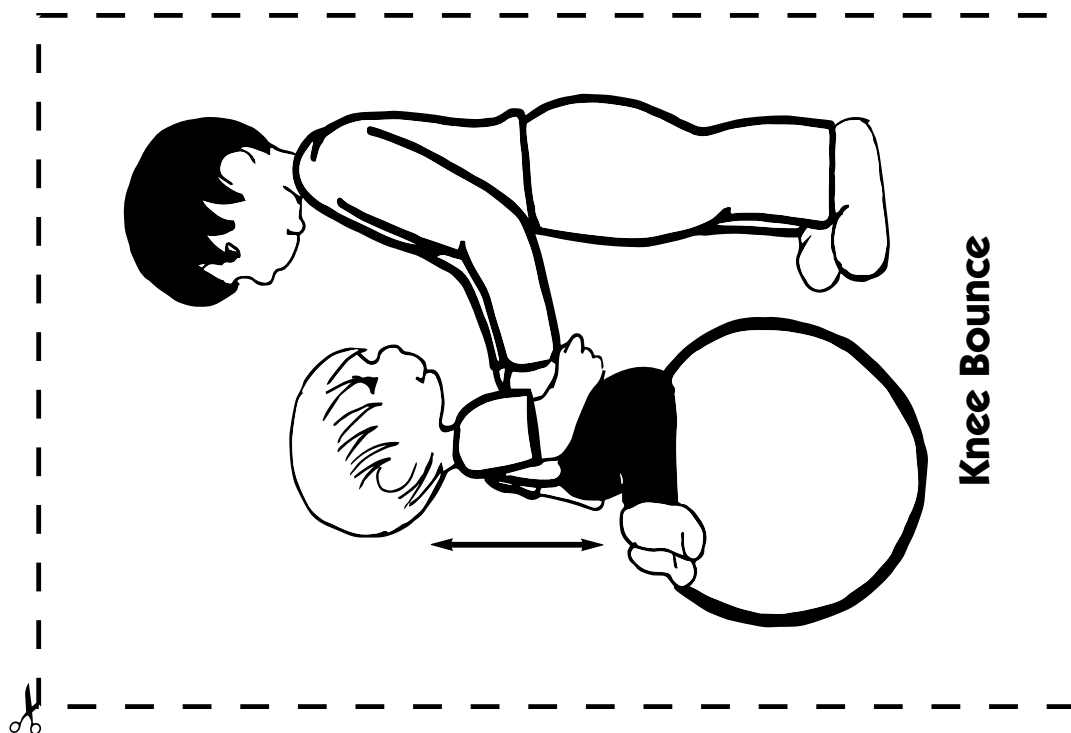


**Bottom Slide**

**Objectives**

- To provide touch pressure input to hands from floor
- To increase body awareness
- To provide calming input from demanding heavy work from hip, tummy, and arm muscles

**Big Ball Exercises**

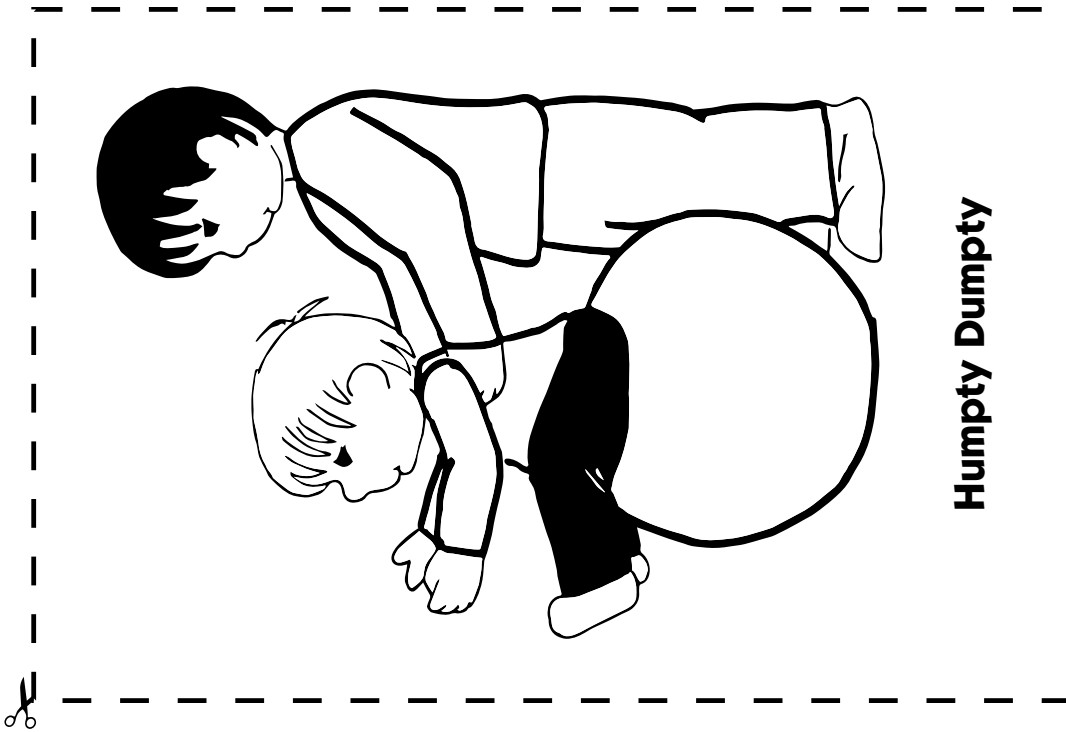


**Knee Bounce**

**Objectives**

- To provide calming, rhythmic movement
- To increase awareness through push-pull activity
- To develop upper body strength
- To promote kneeling balance

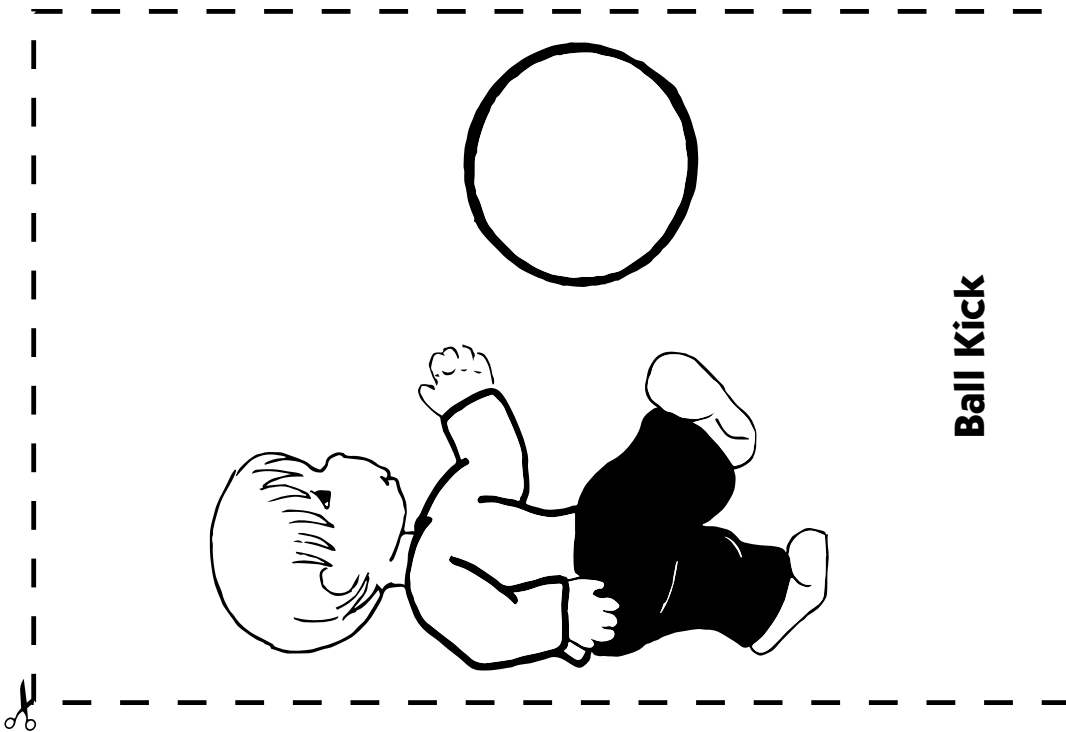
# BUILDING BRIDGES THROUGH SENSORY INTEGRATION



**Humpty Dumpty**

**Objectives**

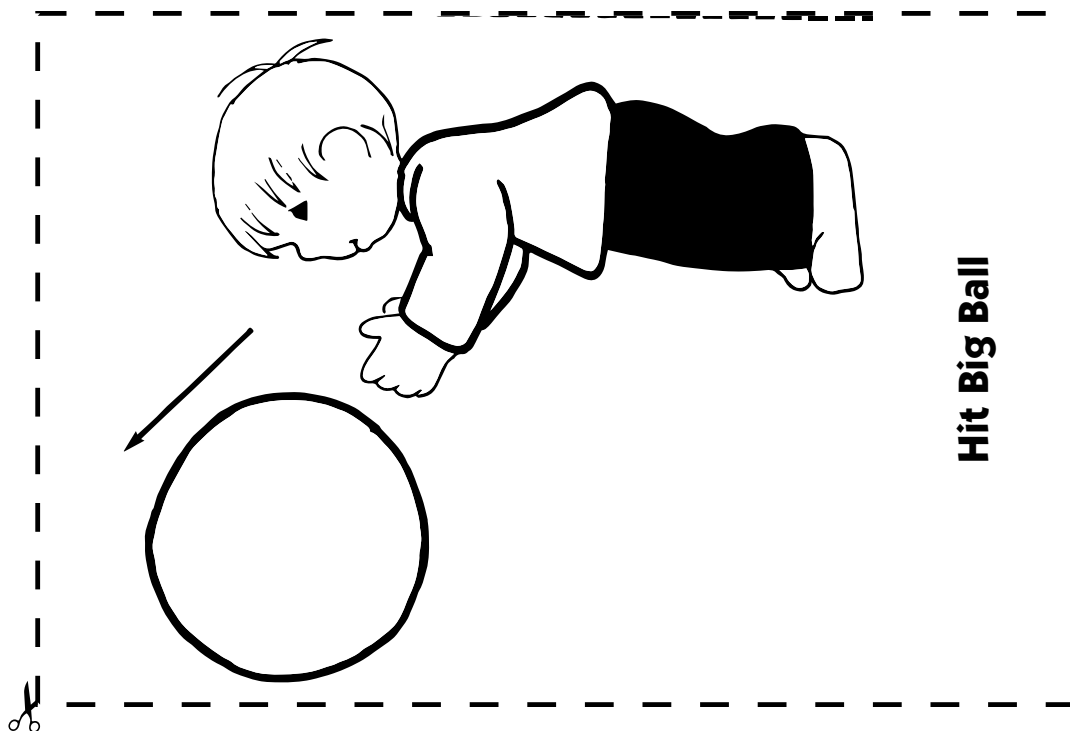
- To provide strong head movement
- To promote protective balance reactions in arms
- To develop body awareness through “bump and crash” activity



**Ball Kick**

**Objectives**

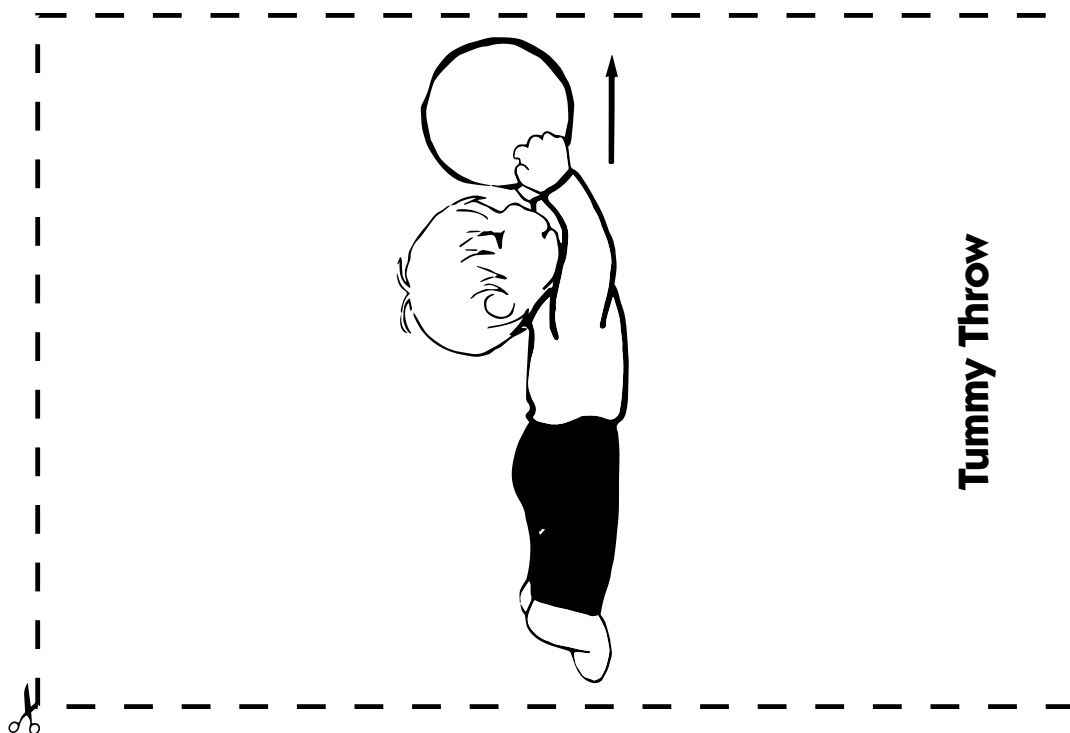
- To increase awareness of legs and feet
- To develop one-foot standing balance
- To promote eye-foot coordination



### Hit Big Ball

#### Objectives

- To provide touch pressure input to hands
- To increase body awareness through hitting activity
- To develop upper body strength
- To promote eye tracking

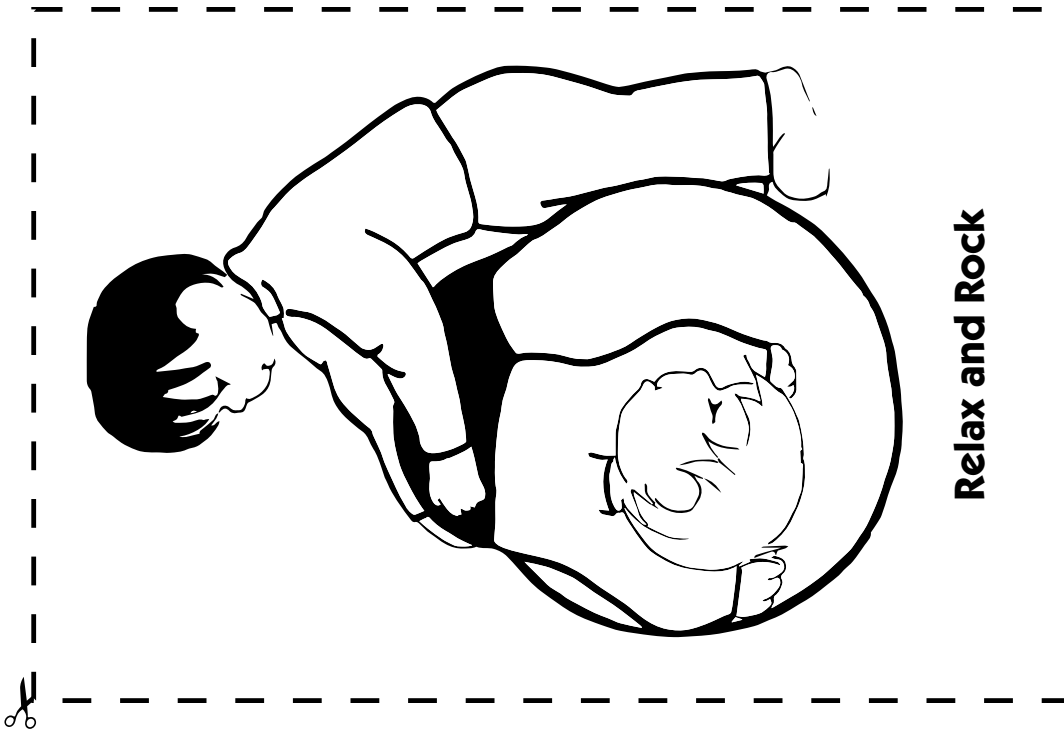


### Tummy Throw

#### Objectives

- To provide touch pressure to body from floor
- To increase back and neck extension strength
- To develop arm strength
- To develop good eye tracking (roll ball)

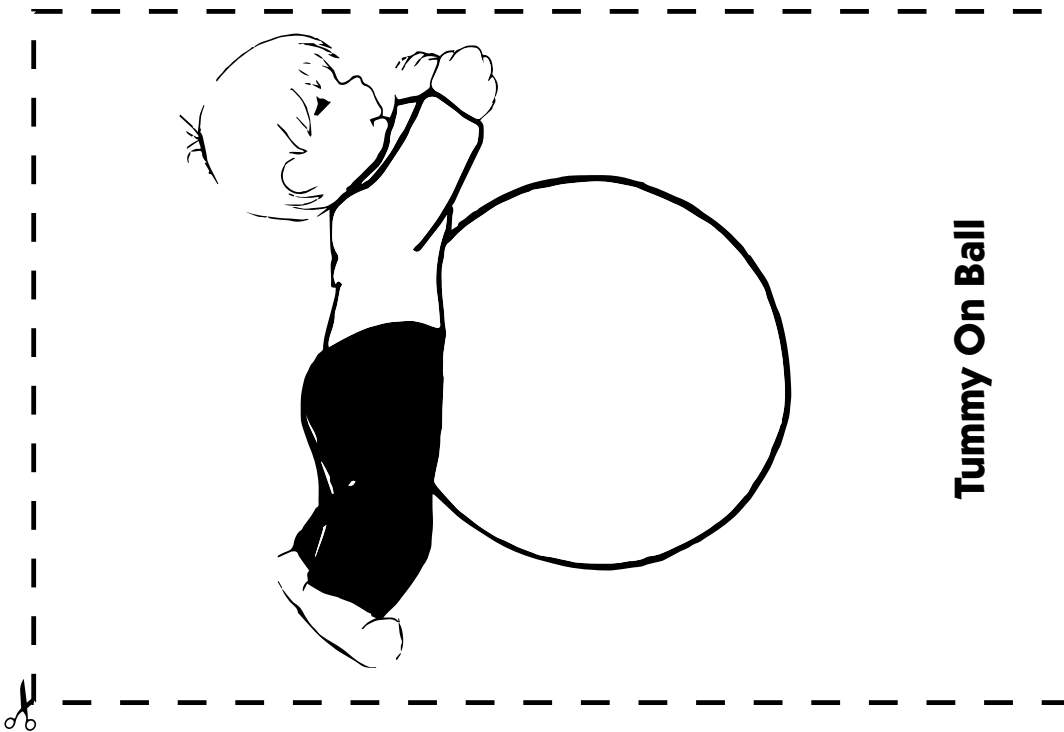
# BUILDING BRIDGES THROUGH SENSORY INTEGRATION



## Relax and Rock

### Objectives

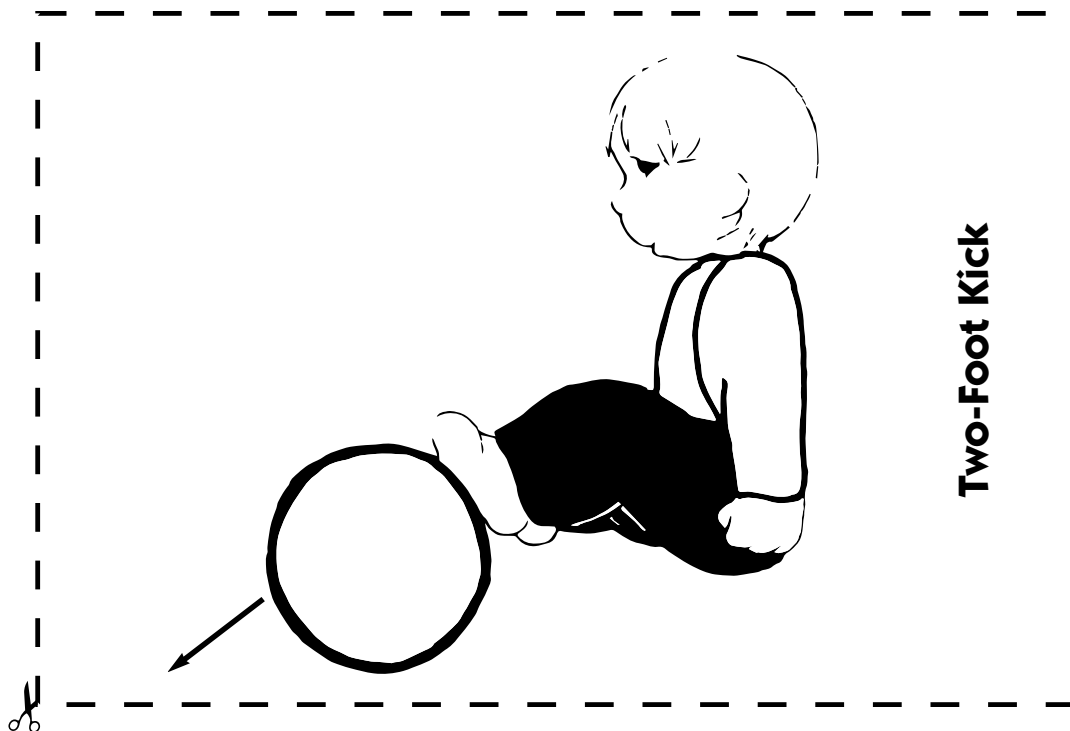
- To provide slow, rhythmic movement for calming
- To promote relaxation through the head down position
- To increase tactile contact with tummy and face
- To promote simple balance skills



## Tummy On Ball

### Objectives

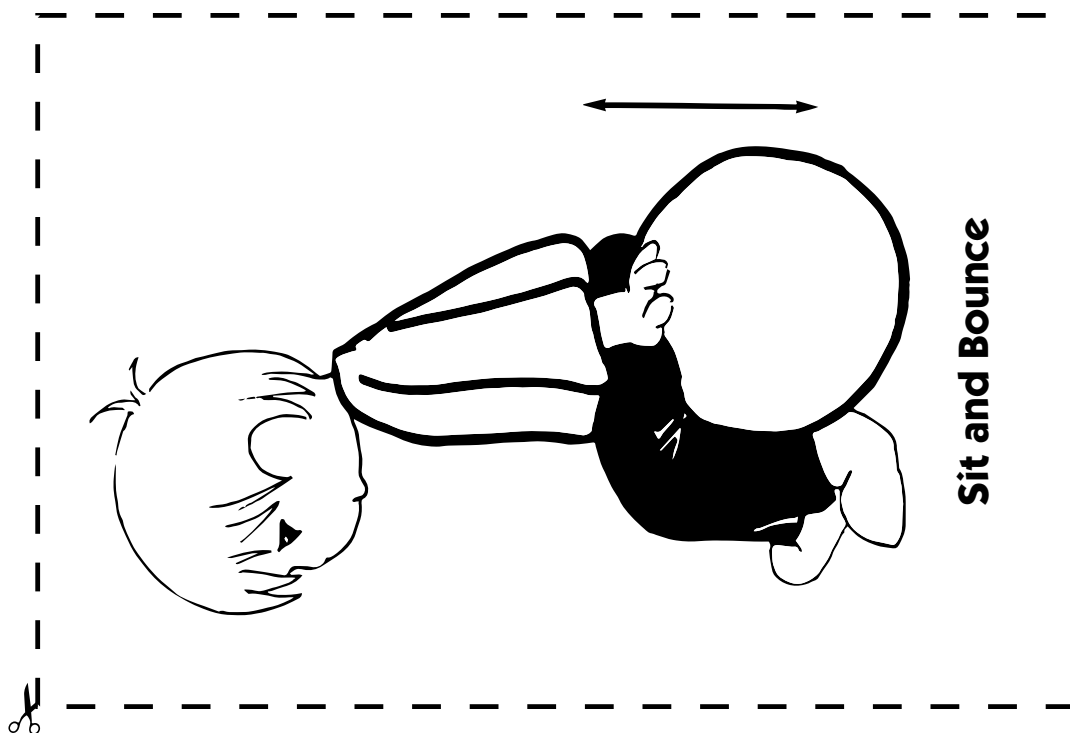
- To increase movement input
- To promote back and neck extension muscle strength
- To promote protective movement reactions in arms and legs
- To develop simple balance skills



**Two-Foot Kick**

**Objectives**

- To increase awareness of legs and feet
- To develop leg and tummy strength
- To promote two-sided body coordination
- To improve eye-foot coordination and timing

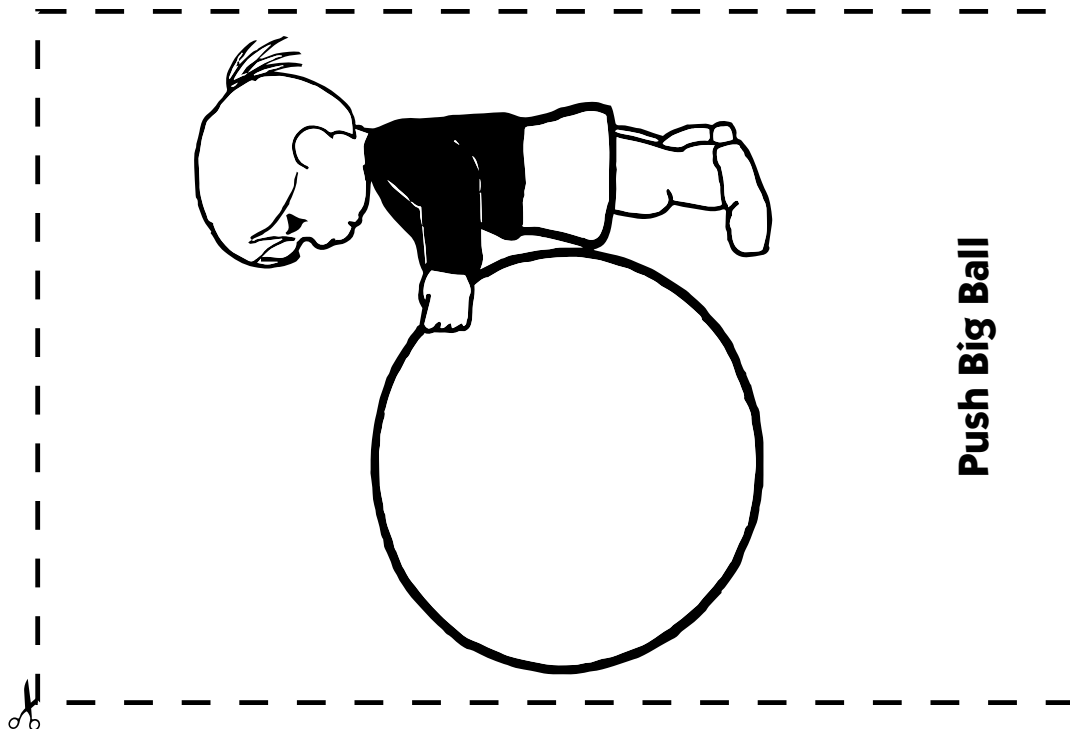


**Sit and Bounce**

**Objectives**

- To provide up and down head movement
- To increase body awareness through hips and feet
- To promote sitting balance
- To build rhythm and counting skills

# BUILDING BRIDGES THROUGH SENSORY INTEGRATION

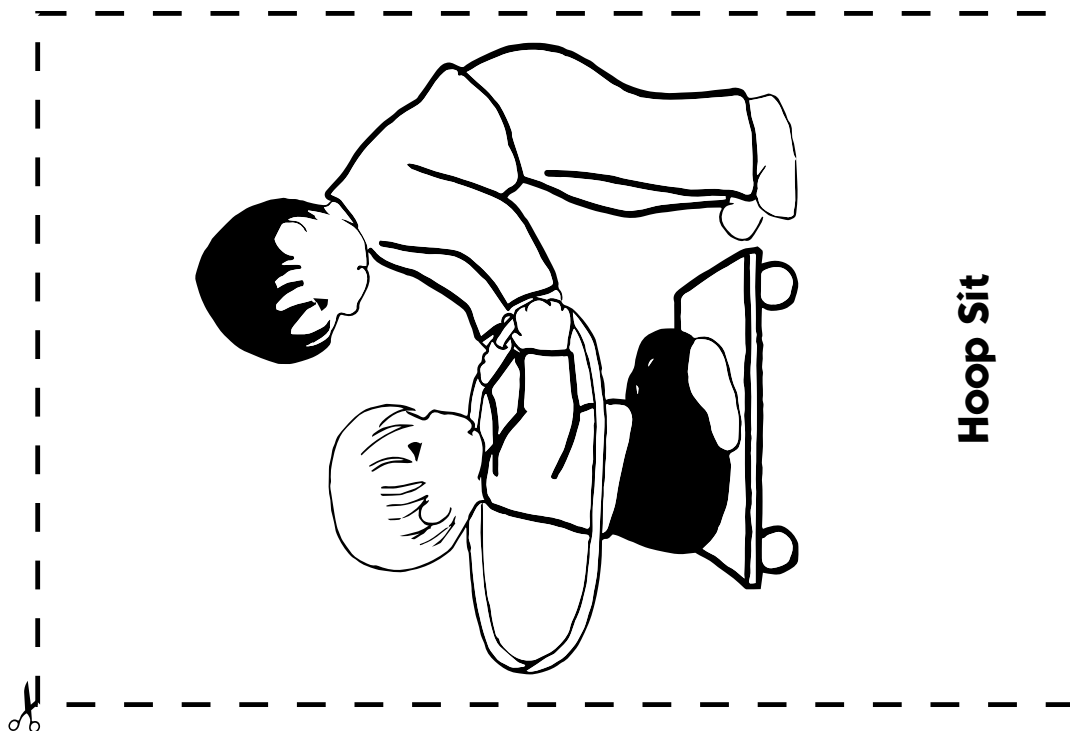


## Push Big Ball

### Objectives

- To provide touch pressure to hands
  - To provide calming heavy muscle work
  - To build strength in wrists and arms
- (Note to adult: stand opposite child and provide resistance.)

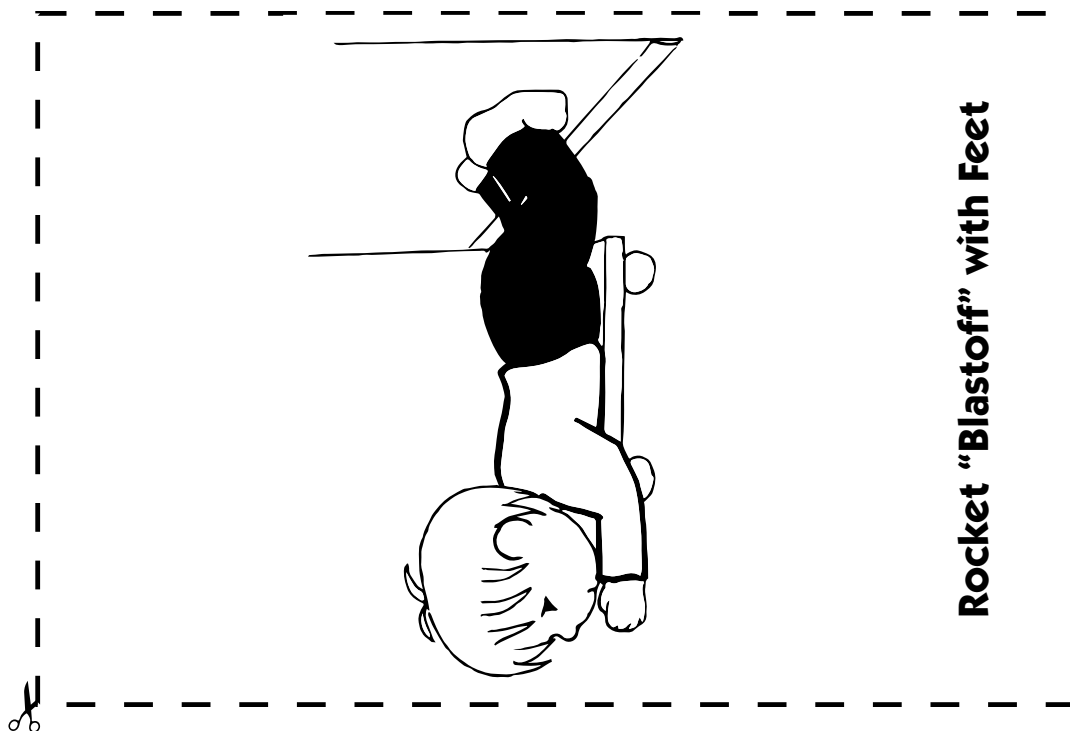
## Scooter Board Activities



## Hoop Sit

### Objectives

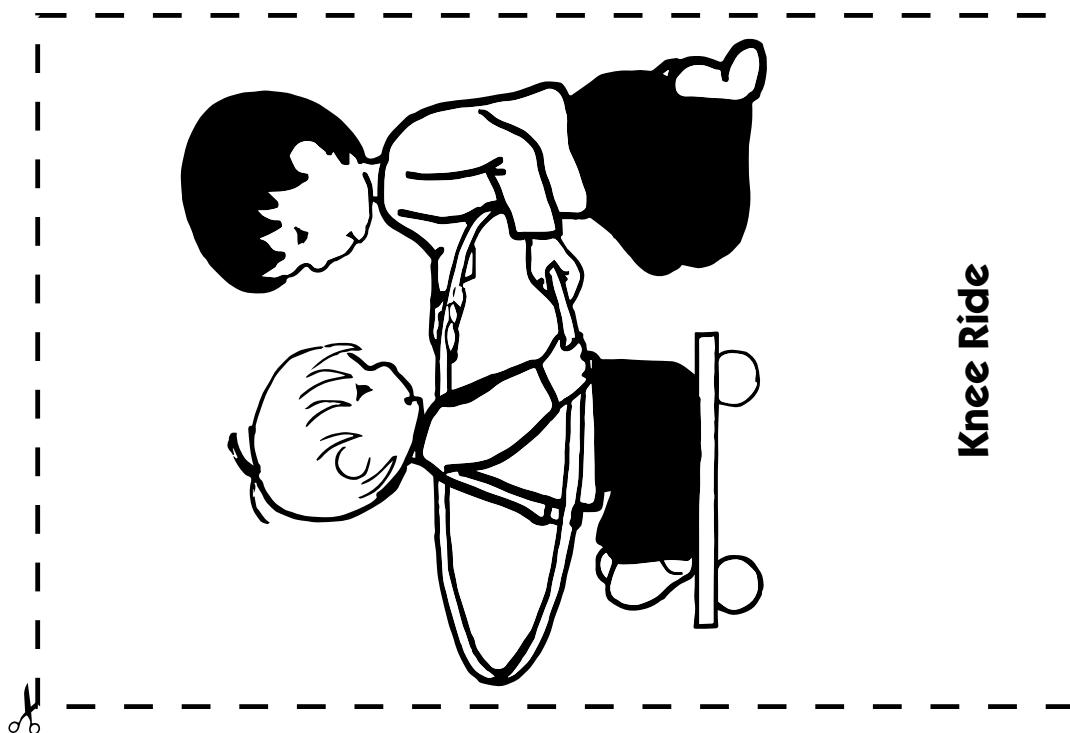
- To provide touch pressure to hands from holding hoop
- To increase body awareness
- To develop upper body strength
- To promote sitting balance
- To increase body awareness through push-pull activity



### Rocket “Blastoff” with Feet

#### Objectives

- To develop strong back and hip extension
- To develop the muscle sense in legs and feet
- To promote sense of timing (countdown to “blastoff”)
- To provide fast movement (acceleration)

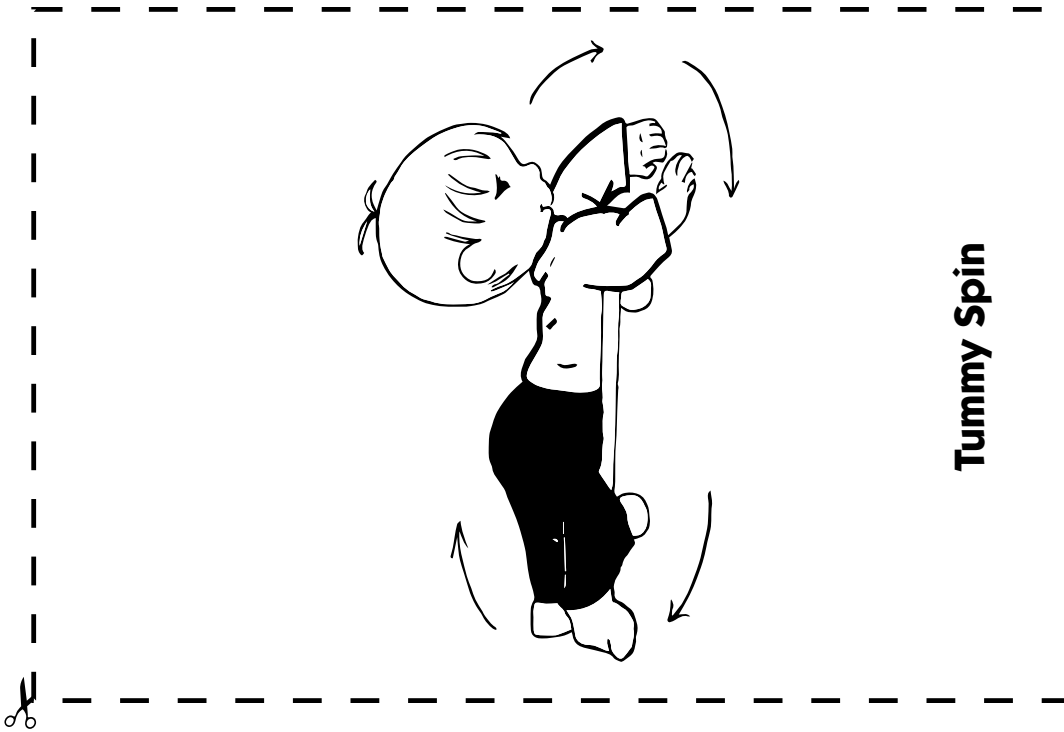


### Knee Ride

#### Objectives

- To provide touch pressure to hands when holding hoop
- To increase body awareness through push-pull activity
- To develop upper body strength
- To promote kneeling balance

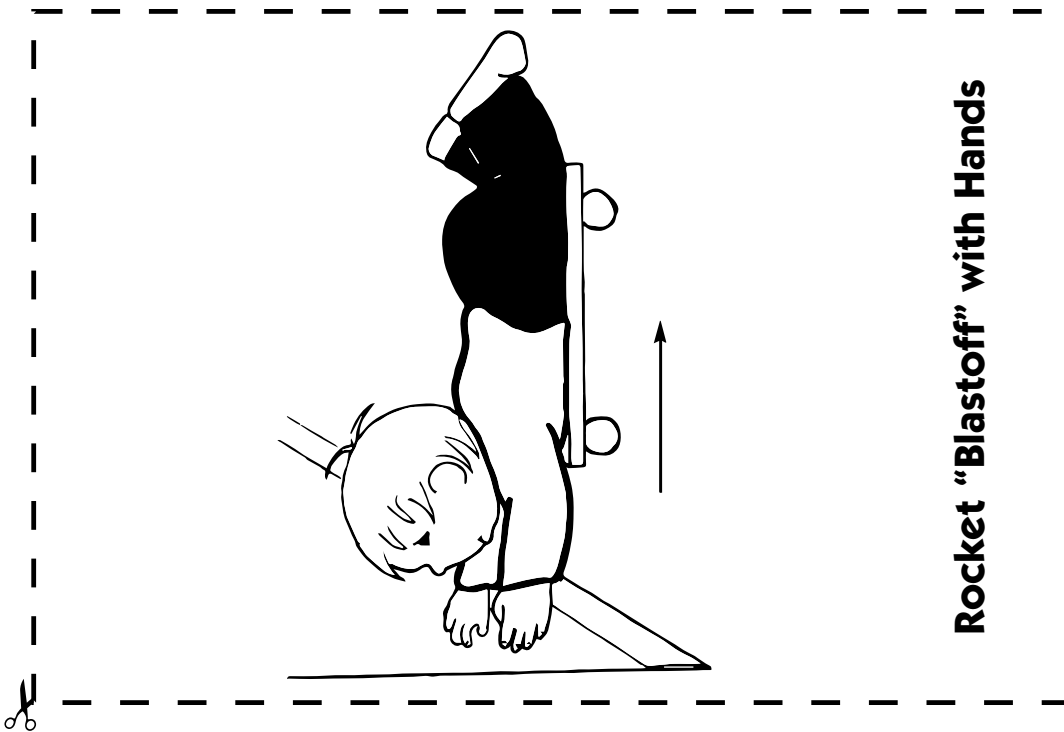
# BUILDING BRIDGES THROUGH SENSORY INTEGRATION



## Tummy Spin

### Objectives

- To develop strong back and neck extension muscles
- To develop arm and shoulder strength
- To promote motor planning – start/stop/change direction, and rotational movement
- To promote crossing the midline of the body with arms

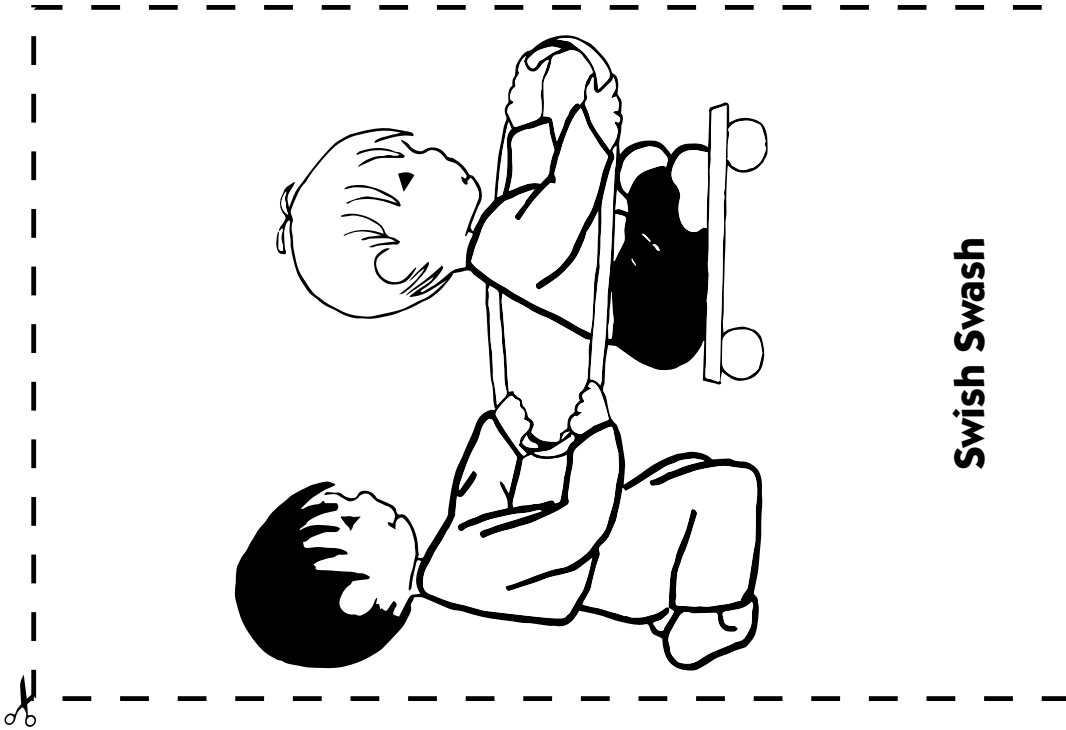


## Rocket “Blastoff” with Hands

### Objectives

- To provide heavy muscle work for shoulders and wrists
- To promote sense of timing (countdown to “blastoff”)
- To provide fast head movement (acceleration)
- To promote movement without vision (going backwards)





## Swish Swash

### Objectives

- To promote sensory input around the body midline
- To develop strong arms and shoulders

Children love the chant, “Swish, swash, who’s in the wash?” as you have them turn back and forth.