



**Note: Please supervise these activities with your child at all times.**

Name of Lesson/Programme:

### ***Bouncing on the therapy ball***

Yoga and Sensory Work  
Part 1: Sensory Activities  
Lesson Number: 7

#### **Purpose:**

To strengthen tummy and leg muscles and to help develop core strength and balance.

#### **Materials Required:**

1. A therapy ball

#### **How to:**

1. Begin by having the child sit on the therapy ball, kneel in front of the child preferable to encourage eye contact but if necessary you can sit behind.
2. Hold them by the waist and bounce them up and down on the ball. Count each bounce out loud with your child.
3. Repeat this a few times only if the child is enjoying it.
4. Some children really enjoy playing on the therapy ball.
5. If your child is uncertain start slowly and make sure that you hold them firmly.
6. Repeat this a couple of times.