



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

Name of Lesson/Programme:

Walk out on a peanut/therapy ball

Yoga and Sensory Work
Part 1: Sensory Activities
Lesson Number: 8

Purpose:

To develop upper body strength, core muscle development and balance.

Materials Required:

1. A therapy ball or peanut ball

How to:

1. Begin by having the child lie on the therapy ball or peanut ball with their tummy down.
2. Place the child's hands on the ground in front of them.
3. Take their legs and begin to walk forward with the child on the ball.
4. The purpose of this activity is that the child will walk their hands out in front of them as you guide them by the legs.
5. A toy can be placed in front of the child if necessary to encourage them to walk forward on their hands.
6. Repeat this activity a few times.