



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

Name of Lesson/Programme:

Rolling on the therapy ball

Yoga and Sensory Work
Part 1: Sensory Activities
Lesson Number: 11

Purpose:

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

Materials Required:

1. A therapy ball

How to:

1. Begin by having the child lie on the therapy ball with their tummy down.
2. Take them by the legs and begin rolling them on the therapy ball back and forth, encouraging them to place their hands palm down on the floor.
3. Repeat this a few times only if the child is enjoying it.
4. Some children really enjoy playing on the therapy ball. If your child does not enjoy this then you can try lying them on their tummy on the ground.
5. Take the therapy ball and roll it up and down their body (deep pressure).
6. Repeat this a couple of times.