**Physical Therapy Program Weeks 3-4**

Caution - Please read before you begin

● All activities are to be performed at your own risk

● Adult supervision is recommended for every suggested exercise/activity. Please decide based on each individual activity if it is appropriate for your own child.

● Before beginning ensure that your area is free of hazards, such as sharp corners, jutting objects, etc.

● A folded blanket gives a softer landing pad in the event of a fall. Always be near to your child to catch him or her if he or she tumbles.

● Don’t push your child to the point of pain. Stop if pain arises.

● Control is very important. Doing these exercises/activities slowly will get the muscles to work harder. If your child is struggling, slow it down. The best exercise is a correct exercise rather than a sloppy movement.

As a parent of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I attest that these activities have been completed weekly (at a minimum) while said child was home from school due to closures.

Parent signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please contact your physical therapist through the following emails if you have any questions:

Jessye Hartman, PT (Eastwood preschool) [jhartman@wcesc.org](mailto:jhartman@wcesc.org)

**Physical Therapy Instructional Page**

Week 3:

1. Pick 6 of the exercise cards and complete the activities 2. Play the Locomotor Cards game - perform 5 gross motor activities 3. Play Springtime Training Camp game - choose 3 activities to complete

Week 4:

1. Pick 6 of the exercise cards and complete the activities 2. Balance on one foot activity sheet - choose 1-2 activities to encourage single leg

stance 3. Play the animal walk cards - choose 3 different animals and walk like that animal

across the room

Don’t forget to play and have fun while you are at home!