

POSITION

picture

cards



INSTRUCTIONS:

1. Print cards on heavy paper or laminate for durability.
2. Cut out each individual positioning card.
3. Child has to assume the same position as the picture depicted on the card.

POSITION *Picture* cards

BENEFITS OF USING POSITION PICTURE CARDS

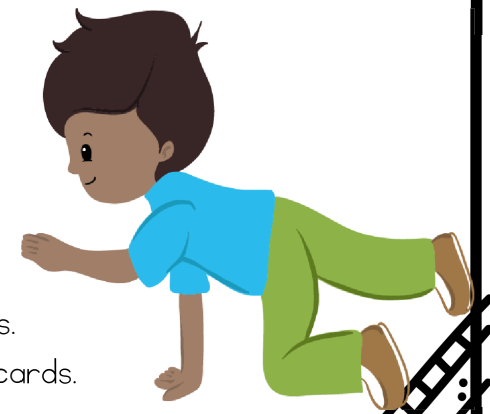
- A fun way to encourage children to develop balance and postural control.
- The process of assuming & maintaining these postures helps minimize the effect of primitive reflexes on a child's functional movements.
- Encourages the development of strength and endurance while holding anti-gravity positions.
- Helpful for those children that resist adult directed tasks; minimizes possible conflict as the position is determined by "chance".
- The therapist/adult can customize the use of the body positions in a variety of ways. Depending upon the posture, consider trying the following:
 - Ask child to count forward or backward while in the position
 - Recite the alphabet
 - Spell words
 - Sing a song
 - Practice math facts
 - Manipulate toys or other objects (lacing cards, string beads)
 - Color, draw, or print
 - Blow whistles or bubbles

ASSEMBLY INSTRUCTIONS:

1. Print Position Cards on heavy paper or laminate for durability.
2. Cut out each individual Positioning Card.

HOW TO USE POSITION CARDS:

1. Use these Positioning Cards with accompanying "Roll a Position" and "Spin a Position" Games.
2. With the adult's assistance as needed, the child is to assume the position depicted on the cards.



SUPINE FLEXION



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2-POINT QUADRUPED



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SIDE-LYING



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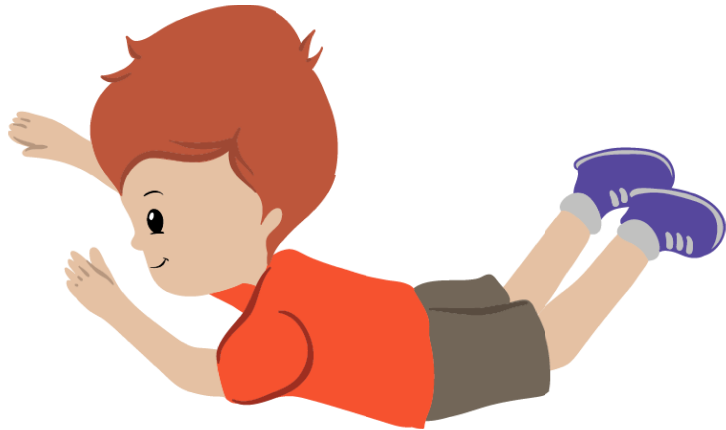
LONG LEG SITTING



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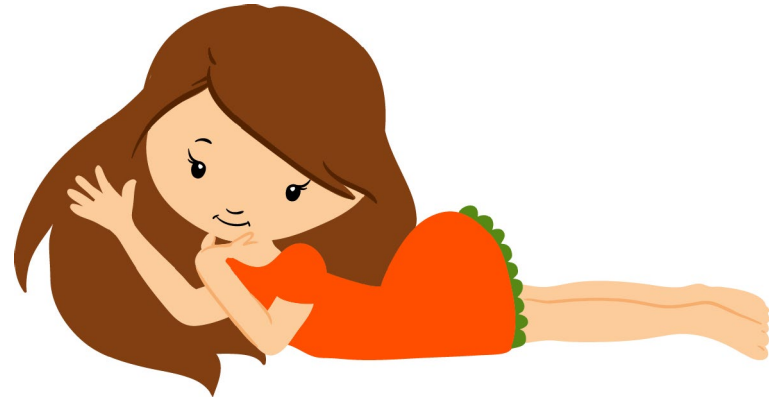
PRONE EXTENSION



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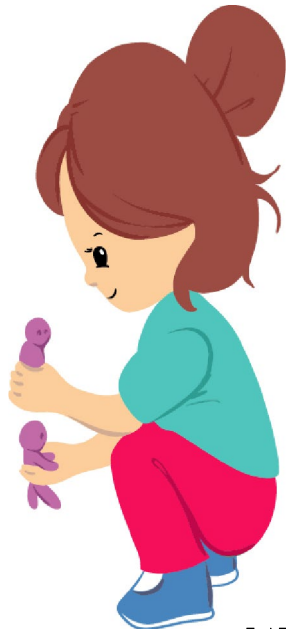
PRONE



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SQUAT



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4-POINT QUADRUPED



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SIDE SIT



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ONE-HALF KNEEL



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STANDING



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TALL KNEEL



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