

Core Strength

POSITIONING

CARDS

- Core Strength involves the activation of the muscles of the torso and neck that keep the trunk and head stable, aligned, and erect when the limbs are moving.
- A strong and steady core provides the stable base needed for optimal body posture, as well as fine and gross motor development.

Core Strength

POSITIONING C A R D S

BENEFITS OF USING POSITION PICTURE CARDS

- A fun way to encourage children to develop core strength, balance, and overall body strength.
- The process of assuming and maintaining these positions helps strengthen core muscles, including abdominal muscles, back muscles and the muscles around the pelvis.
- 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 position, 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

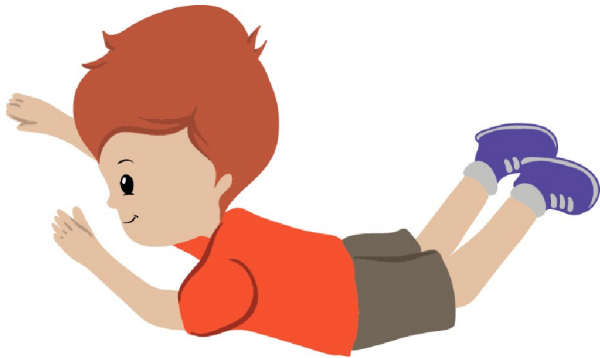
ASSEMBLY INSTRUCTIONS:

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

HOW TO USE POSITION CARDS:

1. Select a core strength positioning card.
2. With the adult's assistance as needed, the child is to assume the position depicted on the card.

SUPERMAN



- 1 Lay on your stomach.
- 2 Raise chin and head off floor.
- 3 Lift up and straighten your arms close to your ears.
- 4 Lift up and straighten your legs off the floor.
- 5 Hold this position.

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POPCORN



- 1 Lay flat on your back.
- 2 Bring knees to chest.
- 3 Lift up your head, keeping your eyes close to your knees.
- 4 Cross both arms across your chest
- 5 Hold this position.

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PLANK



- 1 Lay on your stomach.
- 2 Place your hands shoulder width apart flat on the floor.
- 3 Push up on your hands to straighten your arms.
- 4 Lift up your body, keeping on your toes.
- 5 Hold this position.

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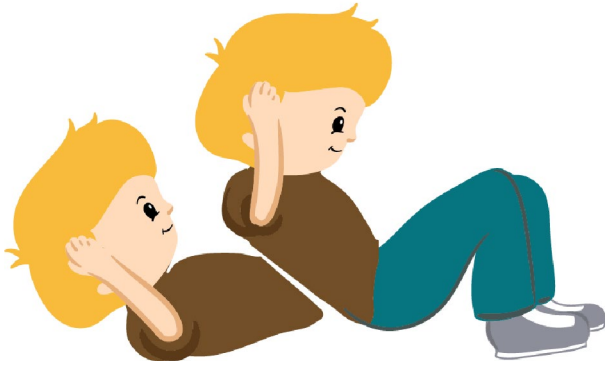
BRIDGE



- 1 Lay flat on your back.
- 2 Bend your knees and keep your feet flat on the floor.
- 3 Place your arms straight at your side, palms flat on the floor.
- 3 Push through your heels and lift your bottom up off the floor.
- 4 Hold this position.

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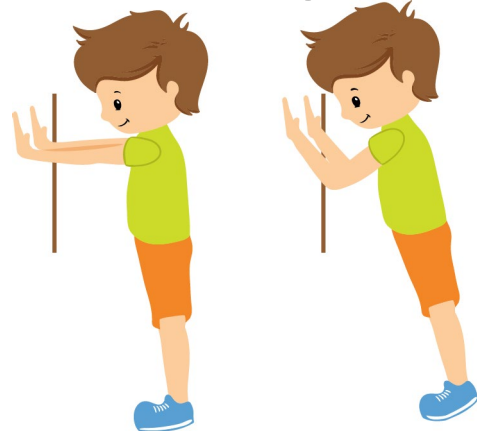
SIT UPS



- 1 Lay on your back with your knees bent and feet flat on the floor.
- 2 Place your finger tips behind your ears with your elbows out to the side.
- 4 Raise your body up towards our knees.
- 5 Hold this position.

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WALL PUSH UPS



- 1 While facing the wall stand an arms length away.
- 2 Place your palms on the wall.
- 3 Slowly lean towards wall by bending your elbows.
- 4 Push your body back with your hands into a standing position.

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DONKEY KICKS



- 1 Kneel on the floor with your elbows straight.
- 2 Slowly kick one leg straight back, keeping your knee straight.
- 3 Lift the opposite side arm straight up, keeping your elbow straight.
- 4 Hold this position.

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TALL KNEEL



- 1 Kneel down on both knees.
- 2 Keep your back straight.
- 3 Hold this position.

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WHEELBARROW WALK

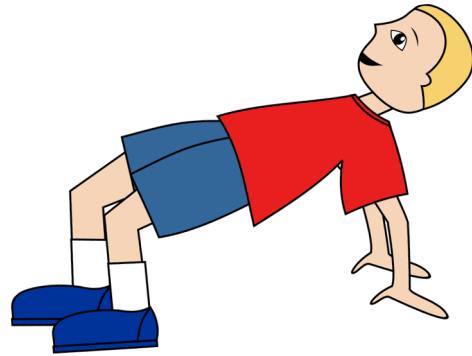


- 1 While on your knees, keep elbows straight and place your hands on the floor.
- 2 A person will pick up your feet by holding your ankles while you walk forward with your hands.

Note: The person may need to hold your knees.

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CRAB WALK



- 1 In a squatting position reach backwards with your arms and put both hands flat on the floor behind you.
- 2 Raise up bottom until your head, neck, and body are in a straight line.
- 3 Move forward, backwards, or sideways.

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SIDE SIT



- 1 Sit on the floor.
- 2 Bending your knees, place both feet to on side of your body .
- 4 Hold this position.

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ONE-HALF KNEEL



- 1 Kneel down on one knee.
- 2 Place your other foot flat on the floor in front of you.
- 3 Keep your back straight.
- 4 Hold this position.

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SQUAT



- 1 Stand with your head facing forward.
- 2 Place feet flat on the floor, shoulder width apart.
- 3 Keep your hands in front of you.
- 4 Move your body down, bending your knees .
- 4 Pretend you are sitting in an imaginary chair.
- 5 Hold this position.

CHAIR PUSH UPS



- 1 Sit up nice and tall in your chair with your feet flat on the floor.
- 2 Place each hand flat on the seat of your chair.
- 3 Push down with your hands while trying to lift your body up and off the chair.
- 4 Hold this position.