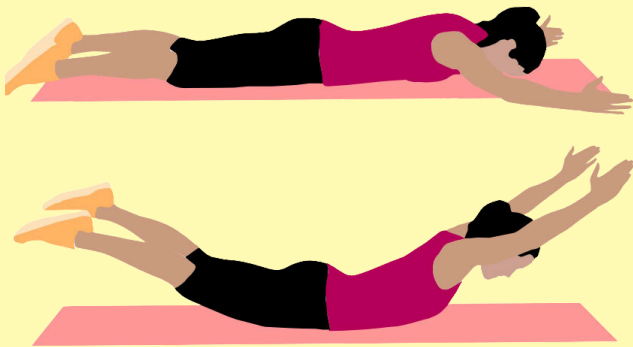


# Core Strengthening Worksheet



## Superman



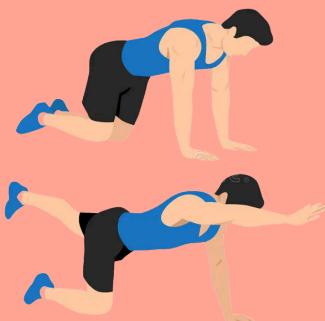
Have your child lie on their stomach, lifting their arms, legs and head off the floor. Start with holding for 5 seconds, increasing seconds as your child's strength increase!

## Roll Up



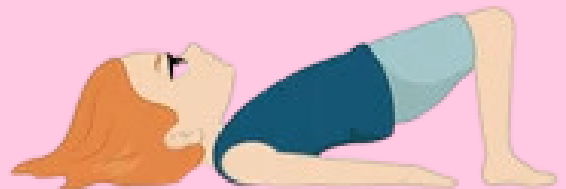
Have your child lie on their back, curling head and legs into a ball. Start with holding for 5 seconds, increasing seconds as they improve! Make it harder by rocking side to side!

## Balancing Dog



Have your child start on all fours. Ask them to raise one arm in front and the opposite leg out behind them. Hold for 5 seconds before changing the raised arm and leg. Increase holding time as they get better!

## Make a Bridge



Have your child slowly lift and lower their bottom with control - counting to three. Increase the number of times they hold for at the lift or number of times they complete the exercise. Make it fun by driving toys under the bridge!