

ACTIVITY CARDS:

Balance:

<p>Tree Pose Series (Items needed: Pillow)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Feet together arms across chest-eyes open• Feet together arms across chest-eyes closed• Feet together standing on pillow arms across chest-eyes open• Feet together standing on pillow arms across chest-eyes closed
<p>Tightrope Series (Set up: Mark 2 spots ~10-20 feet apart with a line between the points)</p>	<ul style="list-style-type: none">• Walking forward heel toe pattern on a line• Walking backward heel toe pattern on a line• Walking sideways on a line
<p>Flamingo Pose Series</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Standing on 1 leg with alternate leg on a step• Standing on 1 leg with alternate leg on a ball• Standing on 1 leg
<p>Pillow Series (Items needed: Pillow)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Stand on pillow with feet together and squat down to touch ground, stand up and reach arms overhead• Stand on pillow with feet together and march in place• Step onto pillow forward, and off of pillow backwards
<p>Animal Yoga Series</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Hold an Animal Yoga Pose• Examples:<ul style="list-style-type: none">○ Flamingo○ Dog○ Cat○ Seal○ Make up your own

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Core:

Super Series (Perform each for 10-60 seconds)	<ul style="list-style-type: none">• Lay on your tummy and lift arms out straight in front of you• Lay on your tummy and lift legs out straight behind you• Lay on your tummy and lift both arms and legs out straight
Bridge Series (Perform each for 10-60 seconds)	<ul style="list-style-type: none">• Lay on your back with your knees bent and lift your bottom up and lower slowly• Lay on your back with your knees bent and lift your bottom up and hold• Lay on your back with your knees bent and lift your bottom up and march your legs up/down slowly
Ball Toss (Perform each for 10-60 seconds)	<ul style="list-style-type: none">• Obtain ½ kneeling position and toss a ball back and forth between you and your partner• Repeat with the other knee up
Tap Dance Series (Perform each for 10-60 seconds)	<ul style="list-style-type: none">• Stand behind a stool or the bottom step and alternate tapping with each foot• Stand behind a stool or the bottom step and step up onto the step and then back down• Stand to the side of the stool or the bottom step and step up onto the step and then back down
Sit to Stand Series (Perform each for 10-60 seconds)	<ul style="list-style-type: none">• Stand in front of a chair, sit down slowly, and stand back up• Stand in front of a chair, sit down slowly, stand back up and jump• Stand in front of a chair, sit down slowly, stand back up, and perform 4 standing marches

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Coordination:

<p>Jumping Jacks Series (Set up: Mark 2 spots ~10-20 feet apart)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Jumping Jacks slowly in place• Jumping Jacks pattern moving forward• Jumping Jacks pattern moving backward
<p>Galloping Series (Set up: Mark 2 spots ~10-20 feet apart)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Gallop forward from 1 point to another and back• Repeat with the other leg leading
<p>March Series (Set up: Mark 2 spots ~10-20 feet apart)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• March in place with arms at hips• March in place while bringing your arms up and down• March forward with arms at hips• March forward while bringing your arms up and down
<p>Jump Rope Series (Items: Place jump rope on ground, or use a line)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Jump forward over the line, turn around and repeat• Jump sideways back and forth over the line• Jump forward, then backward over the line• Frog jump (bend way down to touch the ground, leap in the air with arms overhead) back and forth over the line
<p>Bear Series (Set up: Mark 2 spots ~10-20 feet apart)</p> <p>(Perform each for 10-60 seconds)</p>	<ul style="list-style-type: none">• Bear walk from 1 point to another and back• Bear walk around obstacles from 1 point to another and back• Bear Run!

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Disclaimer: Using this resource is voluntary, leaving responsibility fully in the hands of the participants. It is also important to note that not all of the activities may be appropriate for everyone, and consultation with your PCP, PT, or OT may be helpful to determine an appropriate fit.