

Setting up the Environment for Core Routines: Movement Time



- Clear out a physical space for movement time. Grab any equipment you have at home, such as an exercise ball, yoga mat, swing, cushions, trampoline or a tunnel. Follow your child's lead and make movement time fun!
- Have your child assist in building an obstacle course using couch cushions or other furniture. The more your child helps, the more input and work they are getting to their muscles and joints.
- Turn on energizing background music to promote arousal, regulation and alertness. Have a dance party or play freeze dance!
- Play with a balloon, you can work on a variety of coordination skills through catching, don't let it touch the ground and balloon volley ball.
- Go for a walk outside or play in the backyard. Bring outdoor toys and equipment like a bike, scooter, chalk or bubbles to encourage structured play. You could go on a scavenger hunt and look for birds, plants and street signs.
- Go for a car ride, as the linear movement of the car may be calming for your child. Drive through your favorite parks or by the lake and talk about what you see.
- Play a guided exercise on YouTube and participate alongside your child:
 - RoboTots Fitness Adventures
 - Jack Hartmann Channel
- Practice yoga! There are great yoga activities on YouTube or you could download an app, like Super Stretch.
 - Cosmic Kids Yoga

