

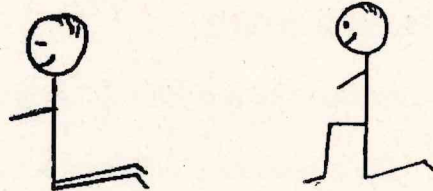
Paediatric Occupational Therapy Service

Game and Activity Ideas that Involve Positions to Improve Pelvic,  
Trunk and Shoulder Stability

POSITION:

High kneeling / half kneeling

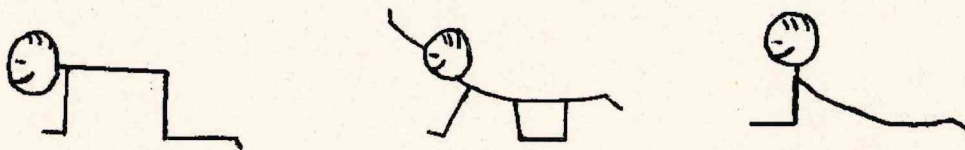
- **Target games**  
e.g. ring toss  
bean bag into different sizes of hoops/boxes  
skittles



- **Fishing**  
(ensure elbows are not tucked into the body to give stability to the movement)

- **Ball/balloon games**  
A beanbag/large ball/balloon or a skipping rope (folded into quarters and then tied in the middle) is all easier to catch

four point kneeling    or wheelbarrow    or lying on the stomach

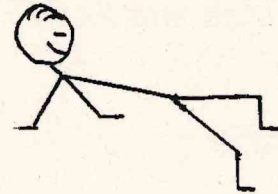


- Ideally try to position times to encourage the child to reach up and to the side.
- Play various games whilst in this position. Rules – all players must be on their hands and knees!
- Drawing a large picture.
- 'Cat drinking milk' – on all fours, the child lowers their arms 'as it drinking milk' and then finally pushes up on his arms so they are straight again.
- Again in this position – blowing a feather along the floor.
- Flapping a fish (made from crêpe paper) with a rolled up newspaper.

Contd/...

➤ **Crab walking**

Walk forwards, backwards and kicking balls/balloons



**GENERAL IDEAS:**

- Incorporate the different activities into an obstacle course.
- Use a spinner – different activities could be set up and labelled with a number.

