

Core Discs

- Print these discs on a colour printer, then cut them out and laminate them
- These exercises can be done anywhere and are great for developing strength and are also good grounding exercises.
- Make these activities more difficult by holding them longer.

Ready, Set, Regulate!

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SD 43: Learning Services- Self-Regulation

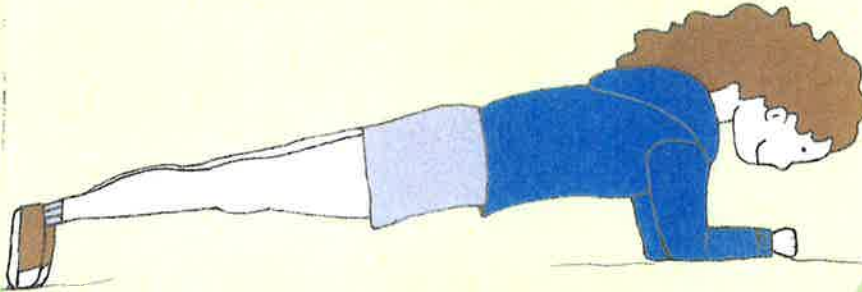
Tuck Position

- **Start by lying on your back**
- **Slowly bend your arms and legs as you tuck into a ball**
- **You can hold your legs if this is hard but try to do it without holding on**
- **Hold this position as long as you can**



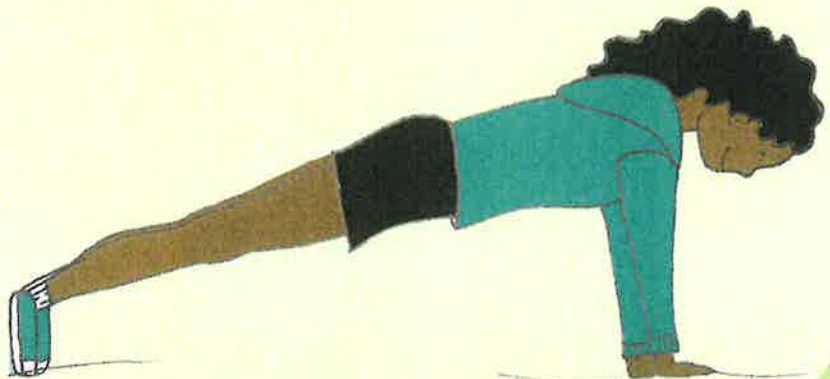
Elbow Plank

- Balance on elbows and either knees or toes. Make sure that your back isn't sagging and your bottom isn't sticking up
- See how long you can hold this position



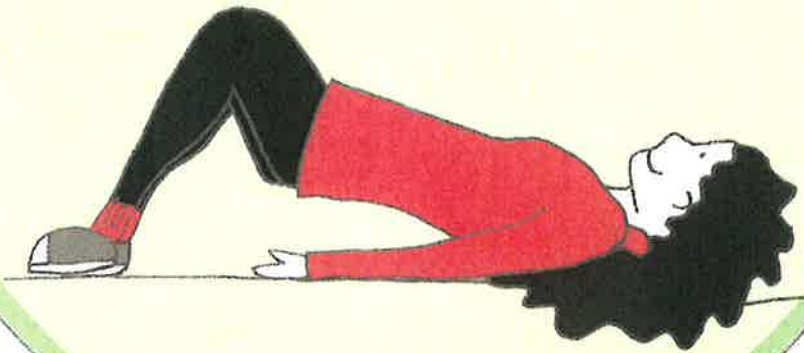
Full Plank

- Balance on straight arms and toes. Make sure that your back isn't sagging and your bottom isn't sticking up
- See how long you can hold this position



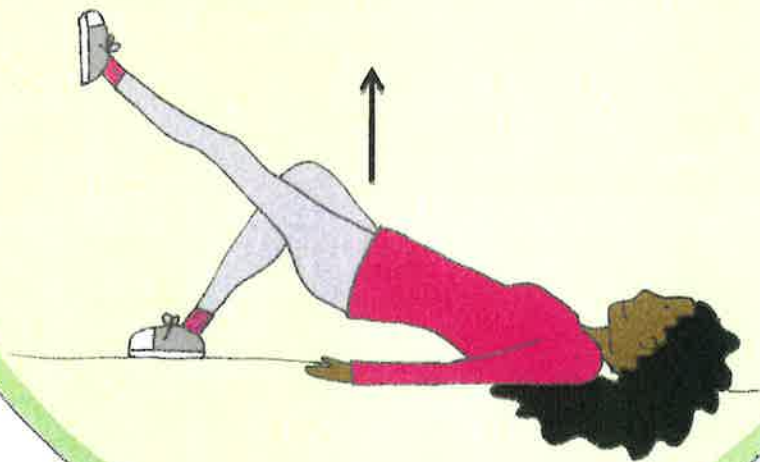
Bridge

- Lie on the floor with your knees bent and your feet slightly apart
- Lift your bottom off the floor and push your tummy towards the ceiling
- See how long you can hold this position



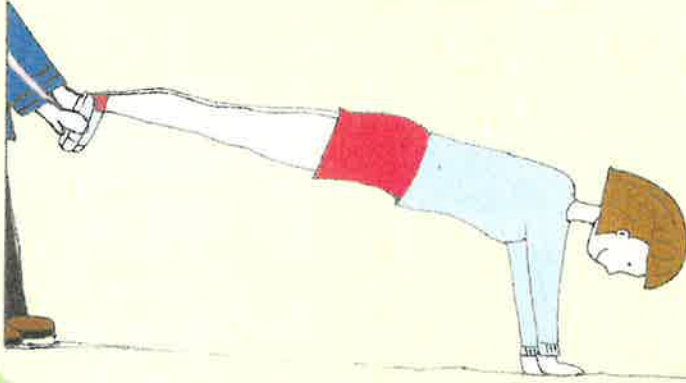
Leg Extension Bridge

- Lie on the floor with your knees bent and your feet slightly apart
- Lift your bottom off the floor and push your tummy towards the ceiling
- Slowly lift one leg. Count to 10 then switch legs



Wheelbarrow Walk

- Lie on the on your tummy and have a partner lift your legs while you push up onto straight arms
- Try to keep your back straight and don't let it sag
- Once you can do this easily, you can try walking forward with your hands



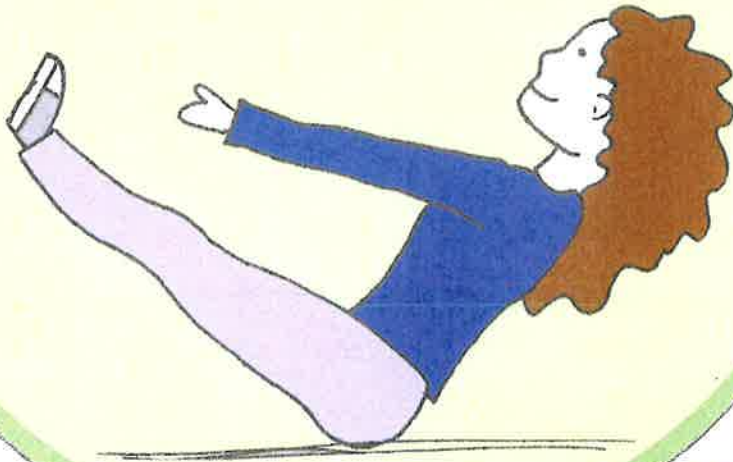
Wall Sit

- Stand with your feet a short distance away from the wall
- Slide your back down the wall until it looks like you're sitting in an imaginary chair
- Hold this position as long as you can



V Sit

- Start by sitting on the floor with your legs straight in front of you
- Slowly lean back and lift your legs off the floor
- Use your arms for balance
- Hold this position as long as you can



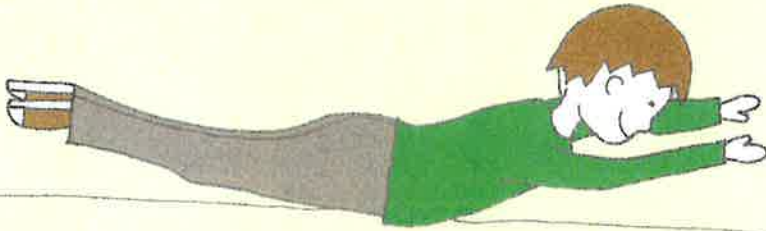
One Legged Stand

- Start by standing with your legs together
- Slowly lift one leg off the floor
- Use your arms for balance
- Hold this position as long as you can and then switch legs
- HINT: This is easier if you keep your



Superman

- Start by lying on your tummy on the floor
- Lift your legs and arms off the floor at the same time so it looks like you're flying!
- Hold this position as long as you can



Cross body Stretches

- Start in a crawling position on your hands and knees
- Slowly lift one arm as well as the leg on the opposite side, stretching as far as you can
- Hold this position as long as you can then switch the arm and leg

