

Medicine Ball Discs

- Print these discs on a colour printer, then cut them out and laminate them
- These exercises can be done using a medicine ball or a sculpting ball (Yoga equipment). If not available, a 2 Litre pop bottle can be filled with water or sand to achieve the desired weight. About 4 pounds for primary and 6 pounds for middle/ high school is suggested.

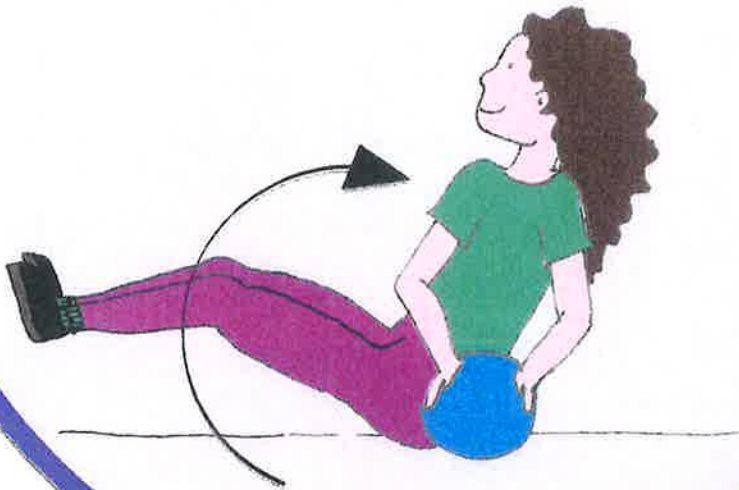
Ready, Set, Regulate!

By Lynda Swain, Occupational Therapist and Anna Lenarczyk, Inclusion Support Teacher

SD 43: Learning Services- Self-Regulation

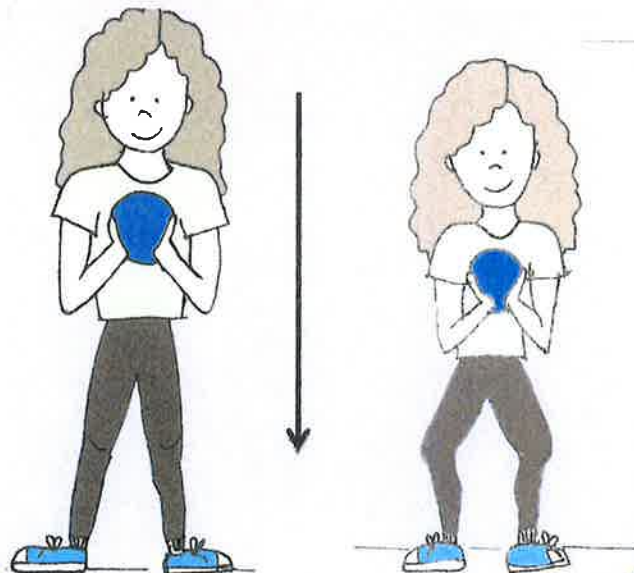
Seated Twist

- In a seated position, move the ball from side to side
- This can be made more difficult by having your feet off the floor
- Repeat 10 times



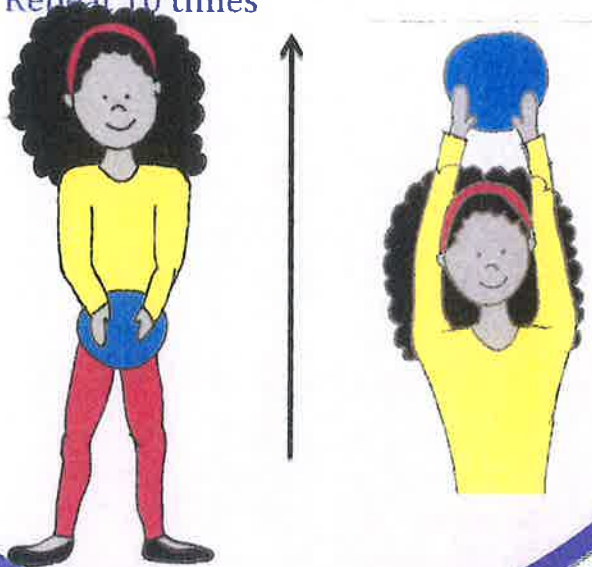
Simple Squat

- Holding the ball close to the body go from a standing position to a squat
- Repeat 10 times



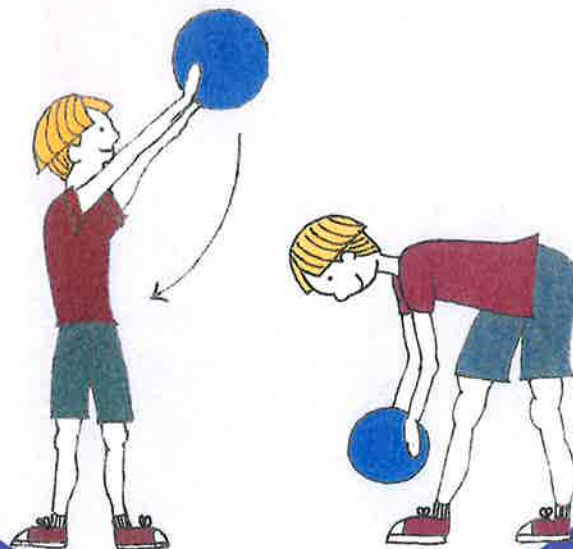
Straight Arm Raises

- Holding the ball in front of you raise it slowly above your head and then slowly lower it to the starting position
- Repeat 10 times



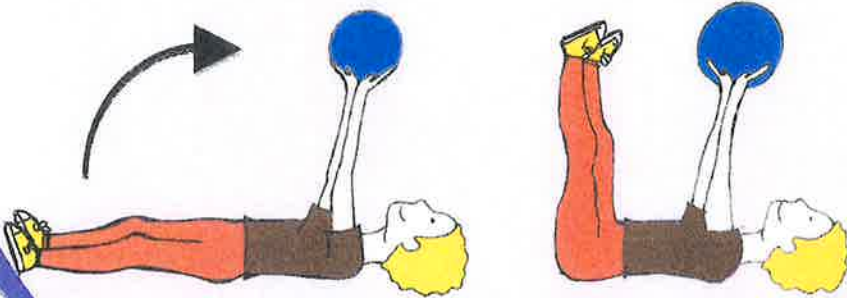
Cross Body Raises

- Start by holding the ball above your head to one side
- Slowly lower the ball to the opposite foot
- Repeat 10 times, then switch sides



Straight Leg Raise

- Lay on your back and hold the ball up over your chest
- Slowly raise your legs until they are pointed straight up to the ceiling
- Slowly lower your legs to their starting position
- Repeat 10 times



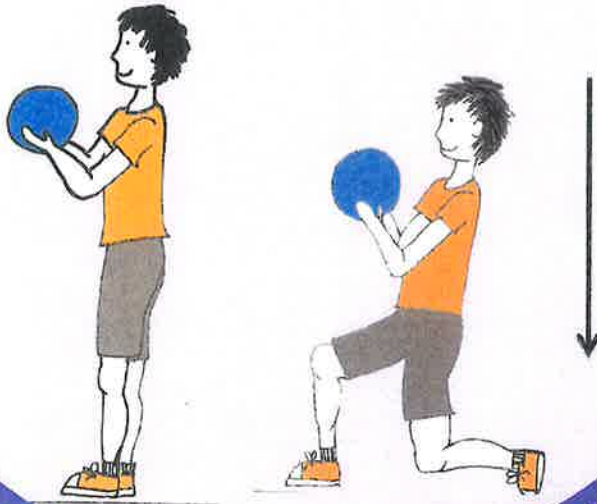
Seated Overhead Bend

- Sit cross legged on the floor
- Raise the ball overhead and slowly lower it to one side, then the other
- Repeat 10 times



Step Lunge

- Start standing straight with the ball close to your body
- Step forward and lower the other knee towards the ground. Step back and return to starting position
- Repeat 10 times, then switch sides



Standing Twist

- Start by standing with the ball held out straight in front of you
- Slowly move the ball all the way to one side. Return to center, then twist to move the ball to the opposite side.
- Repeat 10 times

