skills on the hill pediatric therapy

Core-Strengthening Play (No Equipment Needed)

Build the strength behind sitting, focus, and coordination

A strong core isn't about six-packs - it's the stable center that lets kids sit up to learn, hold a pencil, and move with control. These games build it through play, with no equipment required.

NOTICE | TRY | BUILD | CONNECT | GROW

Animal walks

Bear walk, crab walk, frog jumps, inchworm - great for a movement break

Floor play

"Superman" (lift arms and legs on the belly), rolling races

Bicycle legs and sit-ups to a high-five

Against gravity

Wheelbarrow walking, tunnel crawling

Coloring while lying on the belly, propped on forearms

Big-movement fun

Obstacle courses, jumping games, and simple yoga (tree, boat, plank)

Everyday builders

Carrying laundry, climbing at the playground, sitting on a wobble cushion for homework

Signs of a weak core

Slumping, leaning on hands or the table, W-sitting, fatigues fast, fidgety in a chair

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.