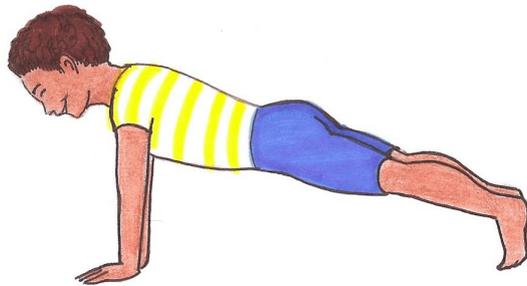


## FUN CORE STABILITY EXERCISES FOR CHILDREN.

**HOPSCOTCH WITH A TWIST:** There are so many ways you can switch up a good old game of hopscotch. Have your child only jump on odd or even numbers, ask her to switch from jumping with 2 legs to one leg, instruct her to jump backwards and then forwards at different intervals, and yell out random numbers to keep her guessing and engaged.

**TIGHTROPE WALKING:** All you need is a bit of masking tape and a little imagination, and you can make all kinds of tightrope obstacle courses using your child's favourite toys. A simple example is to have her walk from one end of the room to another with an object in each of her hands, and then have her stand on a small box or stool at the end of the 'tightrope' and bend over to place each object into a bucket. Simple, easy, and effective!

**PLANK:** While boring on its own, engaging in a contest to see who can hold a plank the longest can make this core strengthening exercise a little more exciting, and you can step it up even further by having fun cars or wind-up toys walk beneath your child while she holds the plank position.



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**BRIDGE:** Similar to the plank, you can make this activity more exciting by having a contest and using wind up toys. You can even place a toy on your child's abdomen while she's in the bridge position for added weight and to see how long it takes for her to drop it!



**ANIMAL WALKING:** Write a bunch of different animals on different pieces of paper, throw them into a hat, have your child randomly choose a few, and then have her walk across the living room while pretending to walk like the animal she chose and see how long it takes the rest of the family to figure out what the animal is. Make sure to include bunny rabbit, snake, bear, and crab in your choices and demonstrate the moves ahead of time so she engages her core properly.

**SUPERMAN POSE:** Core exercises for kids have never been easier than with the superman pose. Have your child lie on her tummy and then lift her arms and legs off the ground and

see how long she can hold the pose. She can do this on the floor and on a therapy/exercise ball, and you can keep her giggling by running race cars over her back!



**LEG KICKS WITH AN EXERCISE BALL:** Have your child lie on her back with her hands at her side and her knees tucked into her chest. On the count of three, gently throw an exercise ball toward her, and have her straighten her legs in front of her so she can kick the ball back to you with her feet. It's challenging to get the hang of, but it can be lots of fun!

**WHEELBARROW RACES:** If you're looking for fun core strengthening exercises for kids you can do outside, wheelbarrow races are another classic party game that can help strengthen weak core muscles. Have your child lie face down on the ground, pick up her ankles, and have her 'walk' on her hands. Too difficult? Try holding her by the knees instead.

**DIY CRASH MAT:** Getting your child to walk across a crash mat can be a lot of fun, and it's easy to make your own one at home. All you need to do is place a bunch of pillows on the floor and throw a few blankets overtop. BOOM! It's that easy. Play around with the height and number of pillows to make it more challenging!

**TUG OF WAR:** You can switch it up in so many different ways, which makes it one of many fabulous core activities for kids. You can use a rope, pillow, or blanket.

**OBSTACLE COURSES:** While all of these core exercises for kids are fun on their own, setting up several into an obstacle course is even more enjoyable for little ones! You can do this outside in the backyard, or split it up over 2 or 3 floors of your house, requiring your child to walk up and down the stairs in between sections. It doesn't need to be anything fancy – as you've seen above, there are heaps of things you can do with pillows, blankets, a step stool, and an exercise ball! – and the more exciting you make it for your child, the more she'll want to participate.

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