

## Ways To Modify Activities for your Child

### **Introduction (0:00)**

### **Warm-up activity: Traffic Jam (1:25)**

- If you want to help guide during this activity, gently remind them that they are supposed to be moving slowly during the yellow light, and then stopping during the red light. Try challenging them to move as slowly as possible. Also, make sure they are stopping in safe positions. For example, if your child has a challenging time balancing on one foot, then make sure they know it's okay to stop moving with both feet on the ground.

### **Second Activity: Slime Time in the Swamp (6:15)**

- Help by showing how slowly they have to move to go through. You can encourage them to make different shapes and letters in the slime as ways to practice control. If your child does not feel like using their hands for this, they can still practice the movement using a popsicle stick or unsharpened pencil. Encourage them to stick in the pencil deep so they can really feel the slime resist. The video shows a couple other options of making a star with your fingers and passing/squeezing a ball from hand to hand. Incorporating coordination of two hands makes the activity more challenging.

### **Third Activity: Candy Forest Obstacle Course (10:04)**

- Try to strike a balance between fun and challenging! Your kiddo can try carrying the “friend” with elbows instead of hands to be silly and add difficulty. When kids are transitioning between obstacles you can cue them to take deep breaths, and pay attention to how they are moving. If balancing is difficult during any of the obstacles, feel free to help them stabilize by holding your hand or a stable chair. Here are some things to look for in each activity
  - Stepping: If they need help going up and down, consider holding a hand to give some help. One hand might be all that they need. If that is still too difficult, then consider a lower step. Another option might be trying to go down sideways instead of straight on.
  - Going under: Depending on how low the bar, yoga mat or towel is will change the difficulty. When coming back with their friend, they will have to multitask between carrying and crawling. They may need to put their friend down, push, crawl, push and crawl.
  - When carrying their friend, keep an extra eye out on balance. Because they are now holding something, they may not be paying attention to their feet, or might not see their feet. Try with these activities to let your child lead you through if they are feeling motivated to go through.

#### Fourth Activity: Animal Time at the Zoo (14:40)

- There are a number of things to look out for in each of these animal poses that you do to help your child if they are having difficulty. With all of these, if they are not doing exactly what is on screen, that's totally OK! There is no right or wrong way to do these. Be encouraging and supportive as your child plays. You will notice that Liz is making the animal sounds, so encourage your child to make all kinds of sounds to make it more fun!
- **Flamingo Pose:** If your child is having some difficulty standing on one foot by themselves, encourage them to place a foot on their other leg. If they need some extra support try holding the leg behind them or placing it on a small step or chair. If just standing on one leg is challenging still, they can stand heel to toe. If they are unsteady you can guard them by supporting their hips.
- **Frog (squatting and hopping):** Some children might have some challenge squatting all the way to the floor. One way to work around this is to squat to a chair, step stool, stack of pillows or a yoga block instead of the ground. When jumping, you may need to support your child's hips. Also have your child push as much as they can independently before you help push. This will help build strength letting them do as much as they can before getting assistance. If your child does not feel like jumping, another option is having the child sit with his or her feet under their bottom and push up so they are standing on their knees. You may want to consider putting something stable in front of them to assist with their balance and movement.
- **Lion pose:** This is a less intense balance pose, where your child will be in a tall kneeling position. You may need to put something soft, like a pillow or rolled up towel under your child's knees- but softer surfaces can be more challenging for balancing activities. For more support in this position you can hold their feet as they kneel or keep your hands on their hips. Try to encourage deep breathing as they roar.
- **Cat:** This activity requires coordination and body awareness. Make sure that elbows are held straight or slightly bent and positioned under their shoulders, and their knees are far enough apart so your child feels stable. Again, a good place to support your child if they're having difficulty balancing is by holding their hips. Another good instruction is to let their belly hang when they relax.
- **Down dog:** It is very important to do this pose somewhere where your child's hands will not slip. This pose can be challenging for kids who have tight hamstrings. If you notice your child is having some difficulty bringing their hips up or having tightness in the back of their legs they can bend their knees or let their heels come off the floor. If this is too intense or your child is not feeling up for it, instead try a child's pose, where your child stretches their arms forward on the floor in front and they sit their bottom on their heels. This should stretch out their upper and mid back.
- **Cobra Pose:** As your child is instructed to push up, encourage them to make sure they are lifting their head and neck. Give them a reminder such as, "look up to the ceiling or sky." Remember that they are also pushing up with their forearms and hands. They should feel a gentle stretch in the front of their body and chest.
- **Butterfly Pose:** If your child is having some challenges getting into this position they can sit criss-cross applesauce instead and continue to participate.

**Final Activity: Freeze Dance/Goodbye (20:56)**

- Dance and be as silly as you can, making your child feel comfortable with their movements. Make sure that your kid is dancing safely and not somewhere where they can bump into objects, like tables or furniture, or where they will easily fall over, or slip on the surface. Help your child out with the breathing, by encouraging them to take a nice deep breath, even if it means pushing out their belly. When breathing out slowly, you can help by counting slowly as your child breathes out. Their breath out should last about 4 seconds. Finally, as the music gets quieter, you can help calm down by starting to talk quieter and quieter until you are whispering.