SENSORY solutions™

RESTORE the CORE

Printable Activity Cards



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tips for use

ASCA standards:
- M 1, M 5
- B-LS 10
- B-SMS 10

These activity cards will help you incorporate core strengthening into the school day.

Much like our hidden senses play a critical role in emotion and behavior, our hidden core muscles are far more important than we realize.

Weave these fun exercises into your day to build the strength needed for seemingly simple tasks like sitting and writing.

Get started with 5-10 seconds or a few repetitions and build over time.

Offer choices, letting students take turns selecting a card or drawing one at random.

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Restore the Core

Instructions:

- Print these cards on sturdy card stock (double-sided, pages 4-11).
- Cut out the cards, laminating if you would like. Try getting a few students involved in the cutting and preparation so they have more buy-in on the activity.
- Keep a set handy and use several times a day when transitioning from one subject to another or perhaps as a brain break.
- For students who struggle to sit, write, or hold their head up while reading or listening, consider incorporating more of these activities in playful ways.
- Print and prepare an extra set for your calming corner or regulation space. A hole punch and binder ring can help keep the set together.
- Try adding in some friendly competition (if that's a good fit for your class).
- Last but not least, have fun!!

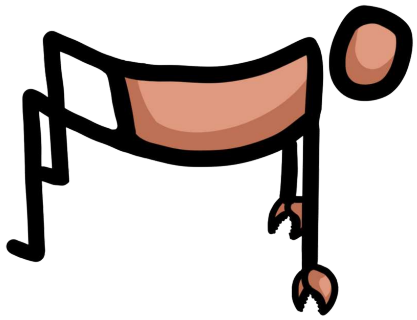




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CRAB WALK

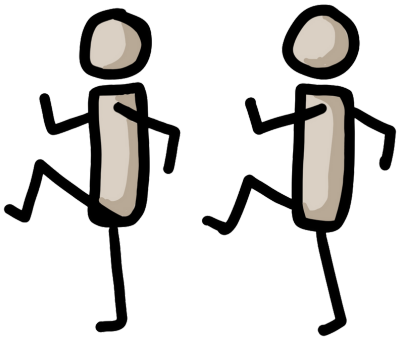
Remember to keep your hips up to build those strong core muscles.



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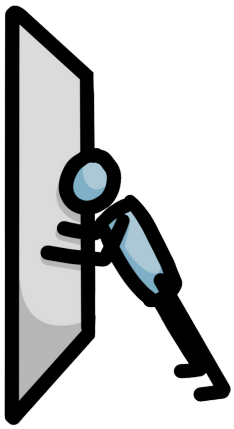
MARCH IN PLACE

Have fun and lift those knees up high!



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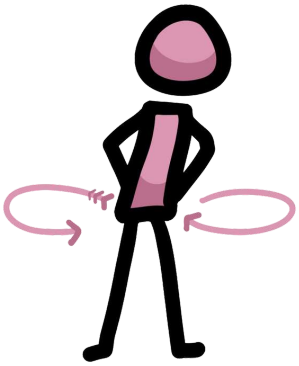
WALL PUSH-UPS



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FIGURE 8

Stand up tall and draw a figure 8 with your hips.
Reverse directions.



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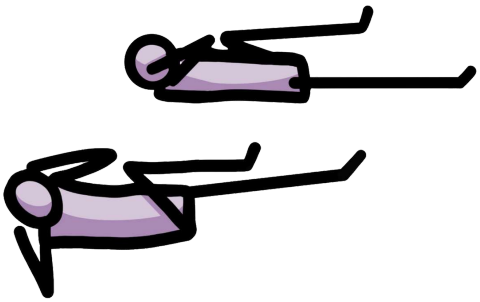

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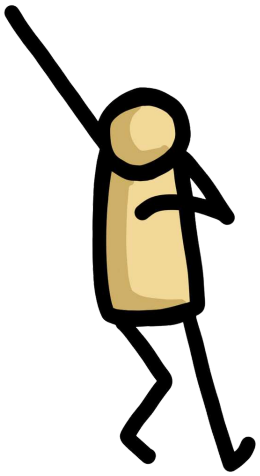
BICYCLE LEG CRUNCHES

Bring your right elbow toward your left knee and then reverse.



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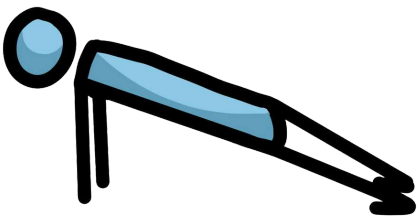
DANCE BREAK



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PLANK POSE

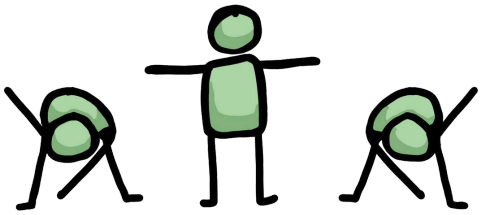
Try to make a straight line from the top of your head all the way to your heels.



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WINDMILL TOE TOUCHES

Reach your right hand toward your left toes, stand up tall, then switch!



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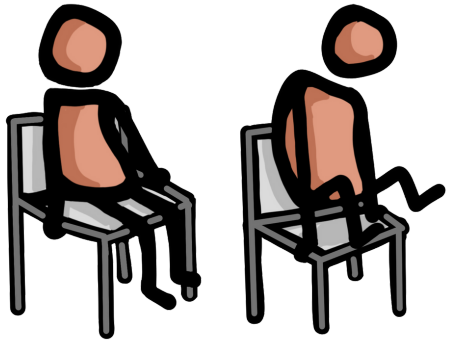

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CHAIR PUSH-UPS

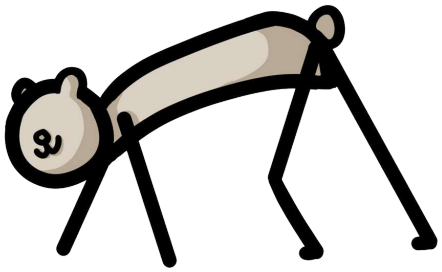
Hold onto the sides of your chair as you lift your body up in the air.



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BEAR WALK

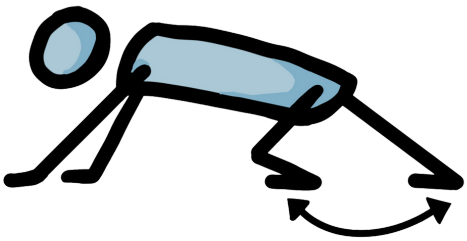
Keep that tail up high as you lumber around on all 4 paws.



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MOUNTAIN CLIMBERS

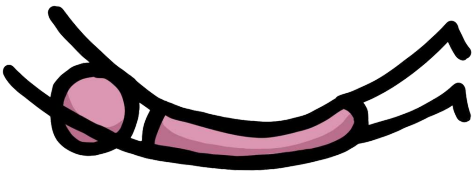
Pretend you're climbing up a big, snowy mountain one strong step at a time.



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SUPERMAN

Lie on your belly, stretch your arms and legs out, then lift them up high like you're soaring through the sky!



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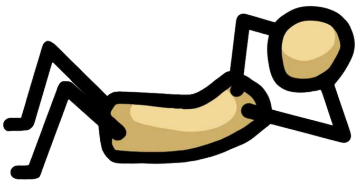
CHAIR POSE

Squat down like you are going to sit in a chair, but don't let your knees pass your toes.

Oh, and try to pull your belly button in so your back stays nice and straight.

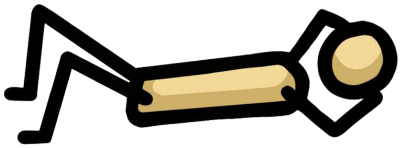


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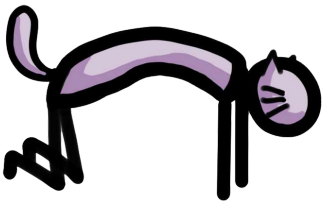
CRUNCHES

Don't strain your neck! Let your core muscles do the work.

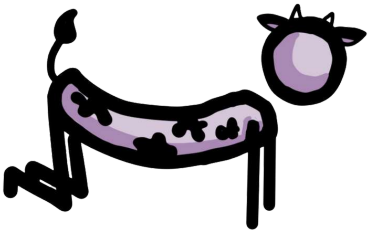


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CAT-COW STRETCH



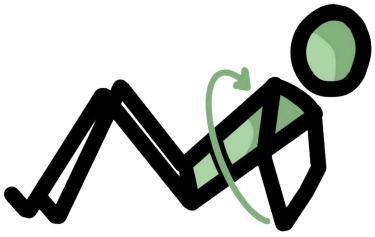
"MEOW"s and "MOO"s are optional!



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RUSSIAN TWIST

Sit on your bottom, lean back a little to wake up your tummy muscles. Now twist your body from side to side while keeping your balance!



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