



## Play Activities to Help with Upper Body Strength & Control

### Activity

Ball Play

### Method

Show your child how to throw overhead, rolling the ball back to them.

### Variation

Throw into box, against wall or fence. Use bean bags for variety.

### Activity

Wheelbarrow Walking

### Method

Encourage toddler to walk on hands while you carry the legs.

### Variation

Roll over ball onto hands, rock back and forth onto hands.

### Activity

Table- wiping Drawing

### Method

Show him how to wipe the table" up and down", back and forth" and" circular motion".

### Variation

Use powder, soap mixture or shaving cream.

### Activity

Water painting

### Method

Making big arm movements, especially above the shoulder height and talk up/down, round and round, e.t.c.

### Variation

Try sponges and different textures and surfaces.

### Activity

## Sand Tray Drawing

### Method

Show her how to make shapes with stick or fingers

### Variation

Wet sand for increased resistance. Make track with truck or car and drive them around track.

### Activity

Drawing in the air

### Method

Show her how to wave and make patterns with the streamers.

Variations

Music and rhythm

### Activity

Finger games

### Activity

### Rhymes

- Incey Wincey Spider
- Twinkle Twinkle Little Star
- Open, Shut them.
- Two Little Dickie Birds

### Method

Keep it slow and simple, guide the hands through actions to begin with a toy and wait for child to respond.

### Activity

Threading

### Method

Help place pieces on thread or rod.

### Variation

Large tube and roll balls down it.

### Activity

Pushing and Pulling

### Method

Pushing and pulling help to build up shoulders and upper body, giving greater control of upper limbs and hands, and providing more stability generally.

### Variation

Pulling and pushing tyre swing and climbing up.