

# 10 STATION SENSORY MOTOR WALK

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**All activities are designed to be completed with adult supervision.**

Use your own judgement when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. never leave a child unattended when competing any of these activities. Also be aware of of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

# 10 STATION SENSORY MOTOR WALK

## Station #1 - Jumping Jacks

Helps to:

- Increase body awareness
- Increase focus/attention

## Station #2 - Wall Pushes

Helps to:

- Reduce sensory seeking behaviors
- Improve body awareness
- Increase focus/attention

## Station #3 - Core Strength Positions

Helps to:

- Improve posture
- Increase focus/attention

## Station #4 - Figure 8 Tracing

Helps to:

- Develop motor planning skills
- Improve balance and body's equilibrium responses
- Increase understanding of where the body is in space
- Improves communication between opposite sides of the brain

## Station #5 - Scooter Board

Helps to:

- Strengthen back and stomach muscles
- Improve posture
- Increase attention/focus

## Station #6 - Alerting Core Poses

Helps to:

- Strengthen back and stomach
- Improve posture
- Improve body awareness
- Increase focus/attention

## Station #7 - Crossing Midline Activity

Helps to:

- Illicit a calm state
- Improve body awareness
- Increase focus/attention

## Station #8 - Trace a Tornado

Helps to:

- Improve vision skills
- Encourage eye-hand coordination
- Improve the ability of both sides of the brain working together

## Station #9 - Calming Core Poses

Helps to:

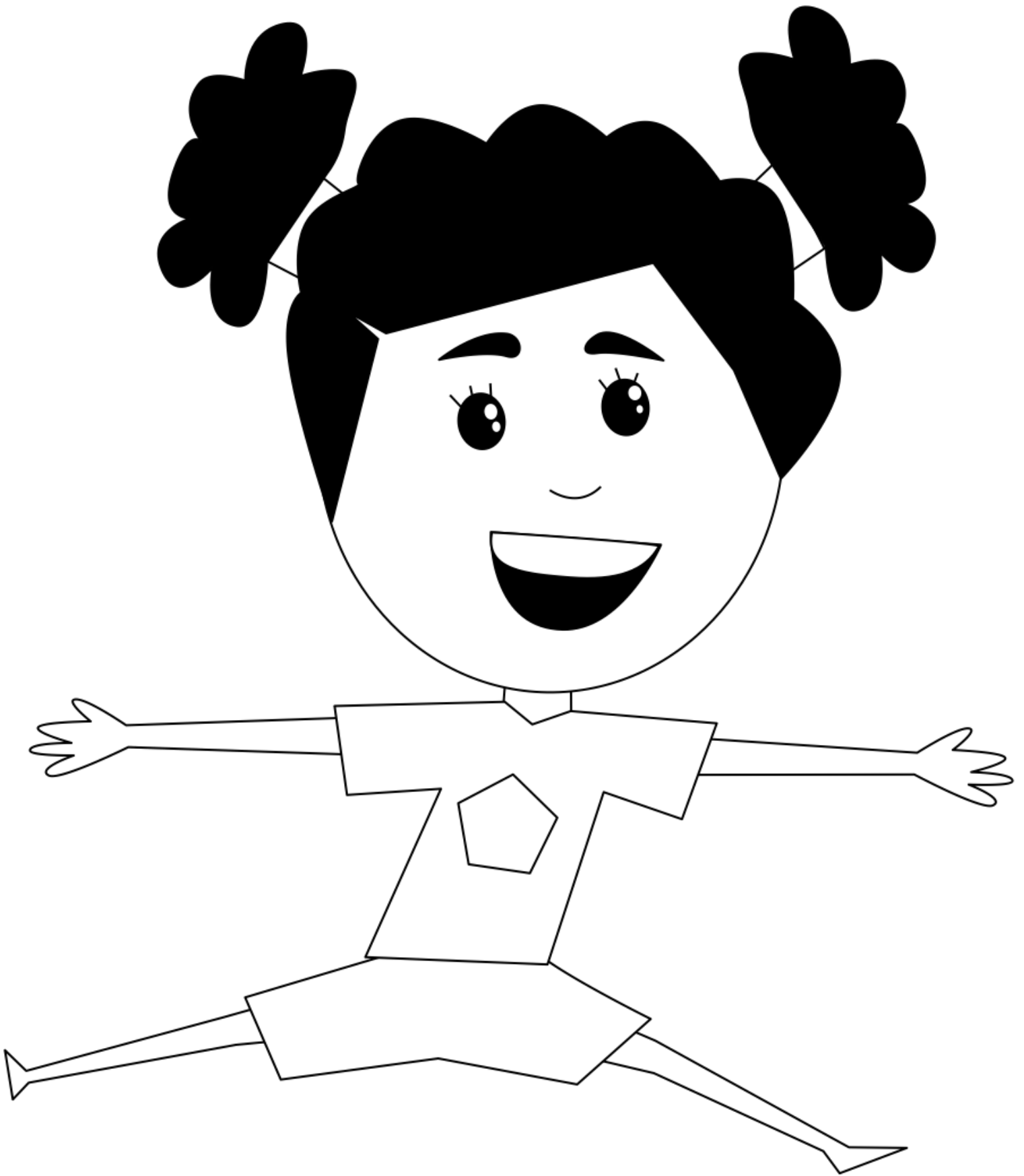
- Increase attention span
- Calm the body and reduce stress
- Increase clarity of thought
- Decrease restlessness

## Station #10 - Calming Activities

Helps to:

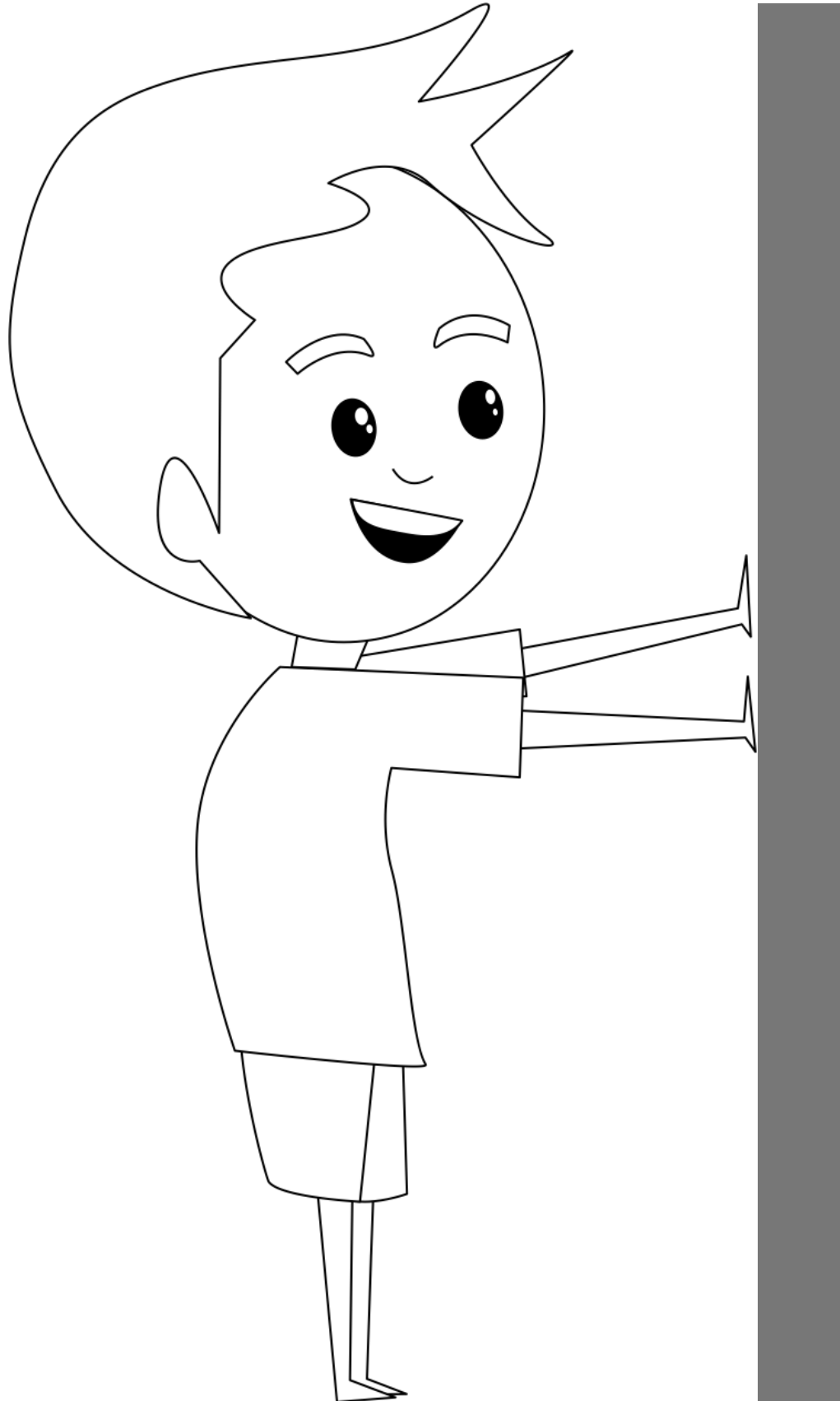
- Calm the body, reduce learning stress
- Activate the sensory and motor areas of both sides of the brain
- Increase clarity of thought, improve reasoning skills
- Improve listening skills

# STATION #1 - JUMPING JACKS



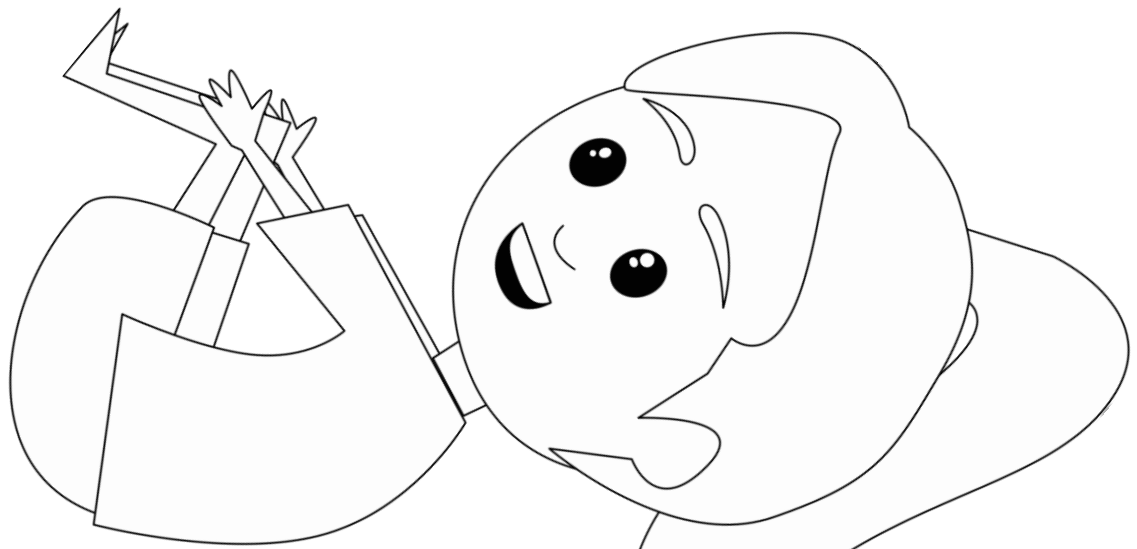
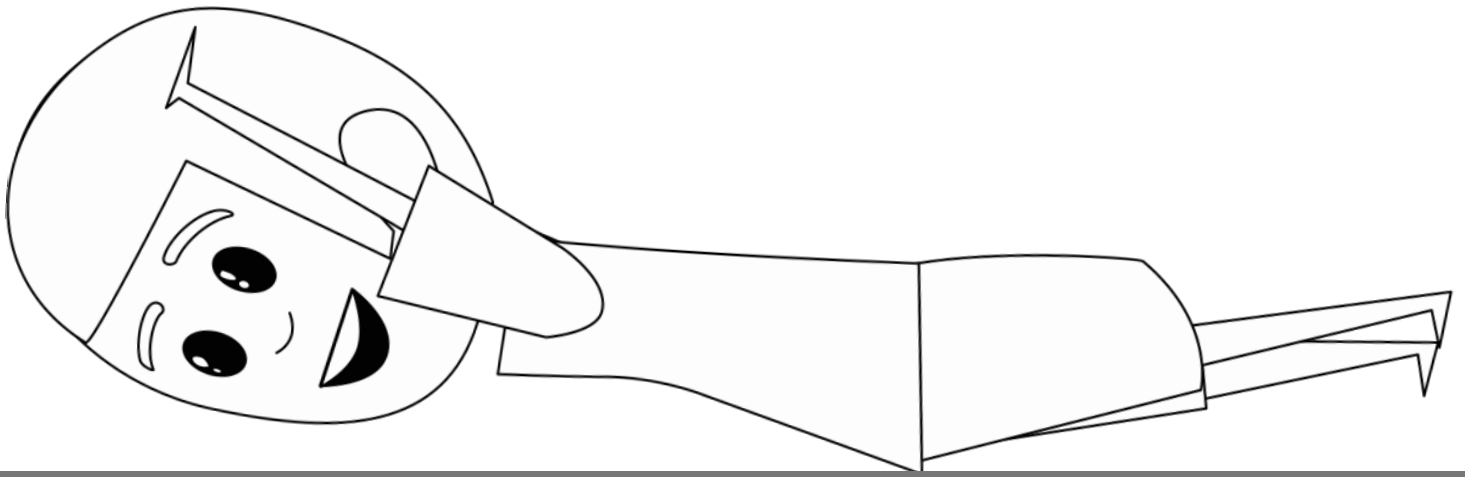
Directions: Complete 5-10 jumping jacks. Jump up and open your legs wide, while your hands raise up above your head. Jump up and pull your legs together while your arms come down to your sides.

# STATION #2 - WALL PUSHES



Directions: Complete 5-10 wall pushes. Stand on the spot marked on the ground. Place your hands on the wall in-front of you. Lean in towards the wall, bending your elbows. Push back out until your arms are straight while your hands are still on the wall.

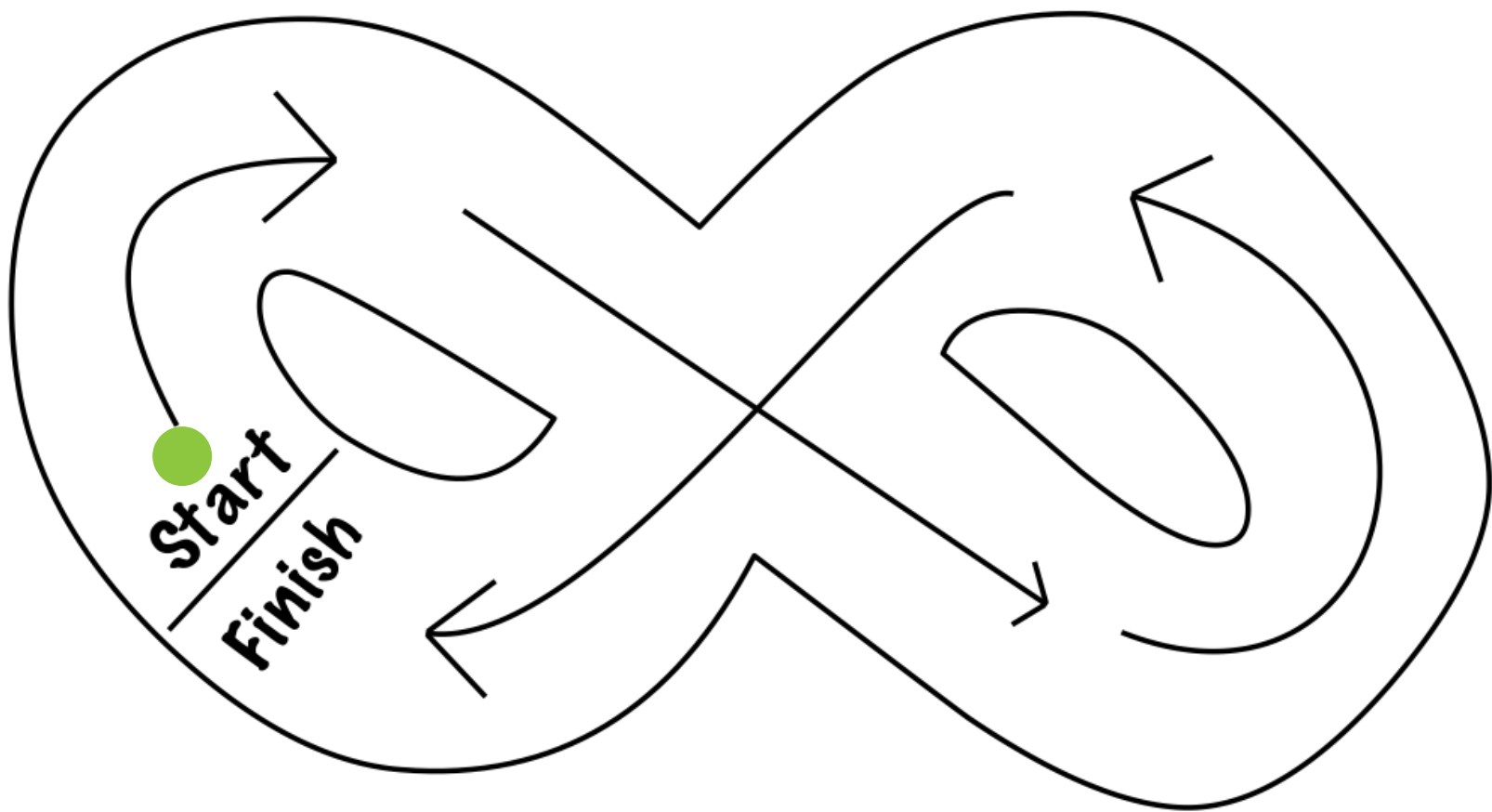
# STATION #3 - CORE STRENGTH



Directions: Start by laying flat on your stomach. Lift both legs up off the ground towards the ceiling and raise your arms together off the ground in front of your head. Hold this position for 5-10 seconds if you can.

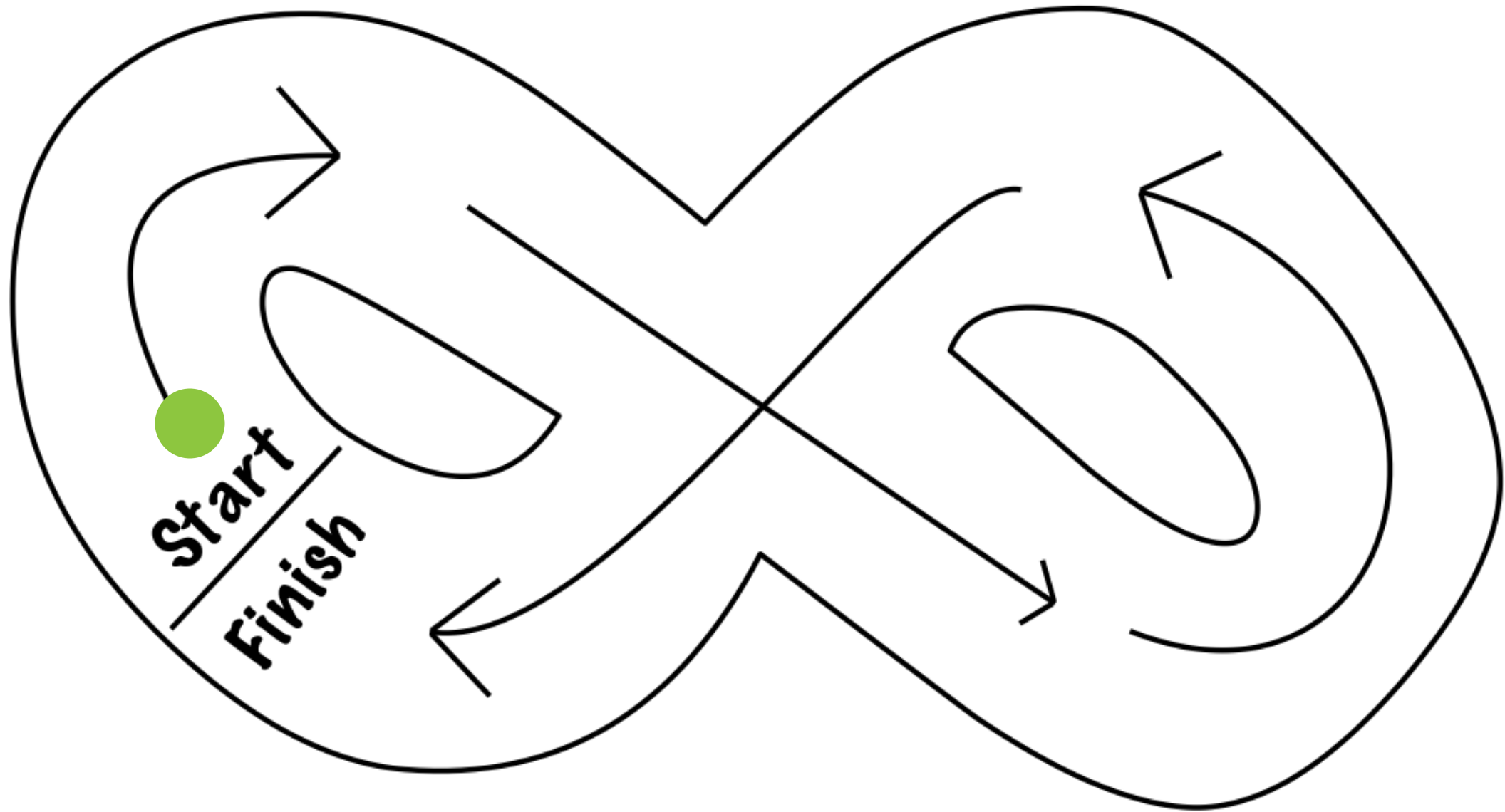
Next, roll on to your back and lay flat on the ground with your arms above your head. Bring your knees up to your chest and bring your arms down to your knees to hold them to your chest. Bring your chin in towards your chest and hold this position for 5-10 seconds if you can.

# STATION #4 - FIGURE 8 TRACING



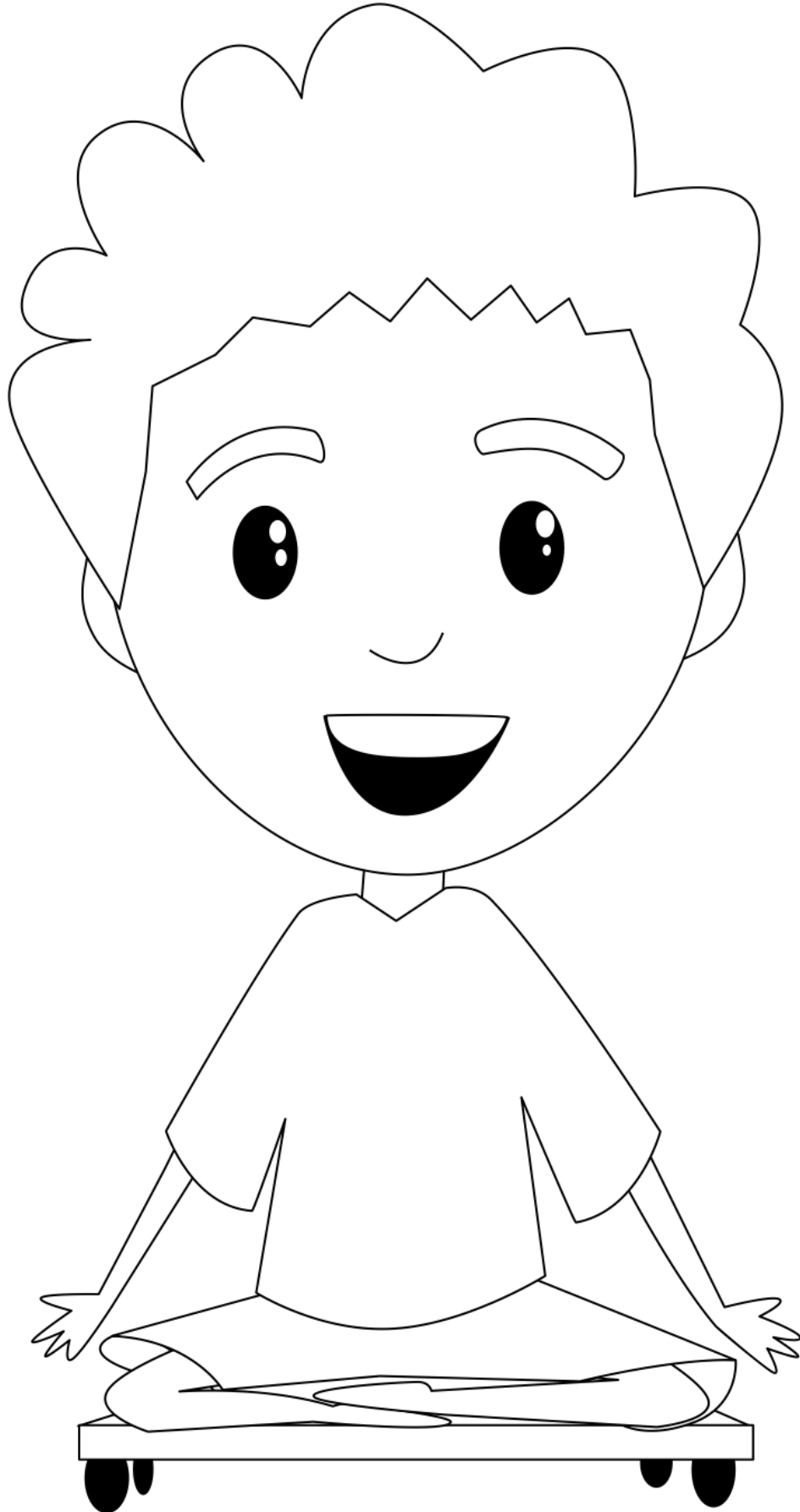
Directions: Follow the path of the figure 8 with your pointer finger. Repeat up to 5 times.

## STATION #4 - FIGURE 8 TRACING



Directions: Follow the path of the figure 8 with your pointer finger. Repeat up to 5 times.

# STATION #5 - SCOOTER BOARD

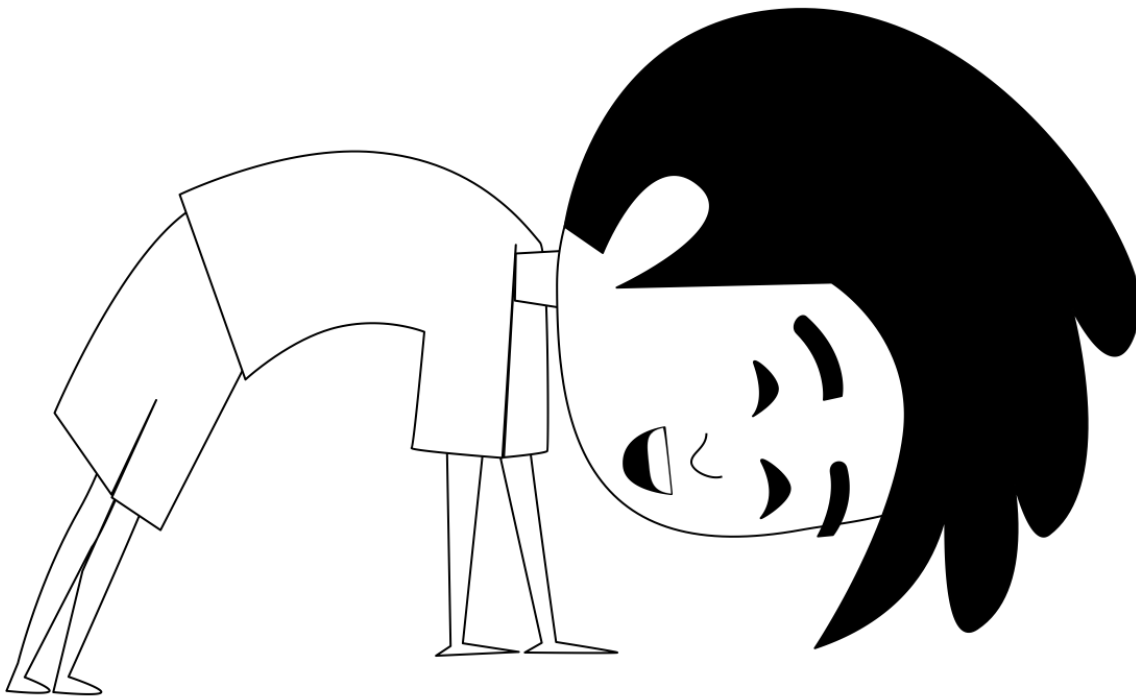
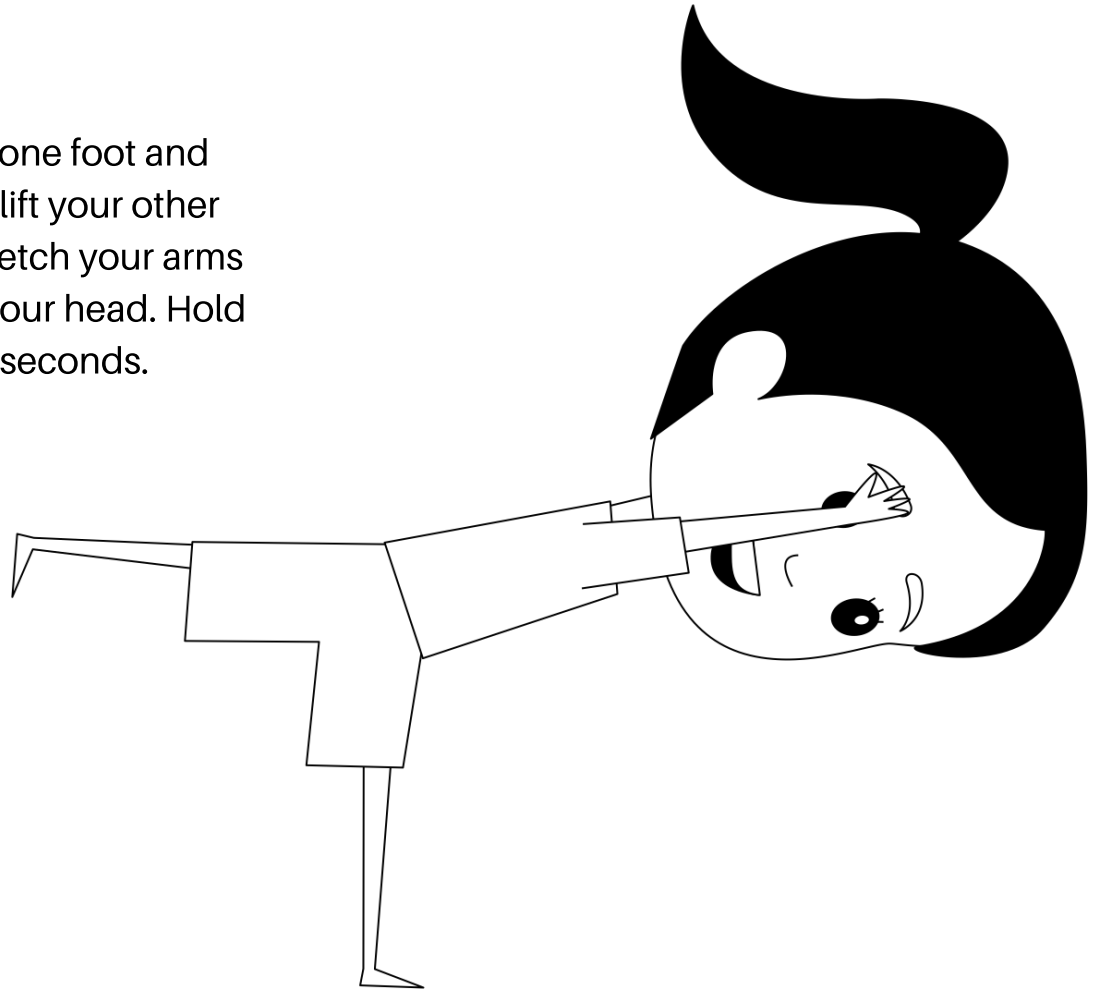


Directions: Sit on the scooter board and push yourself off the wall with your legs. Then lay down on your stomach on the scooter board and push off the wall with your arms.



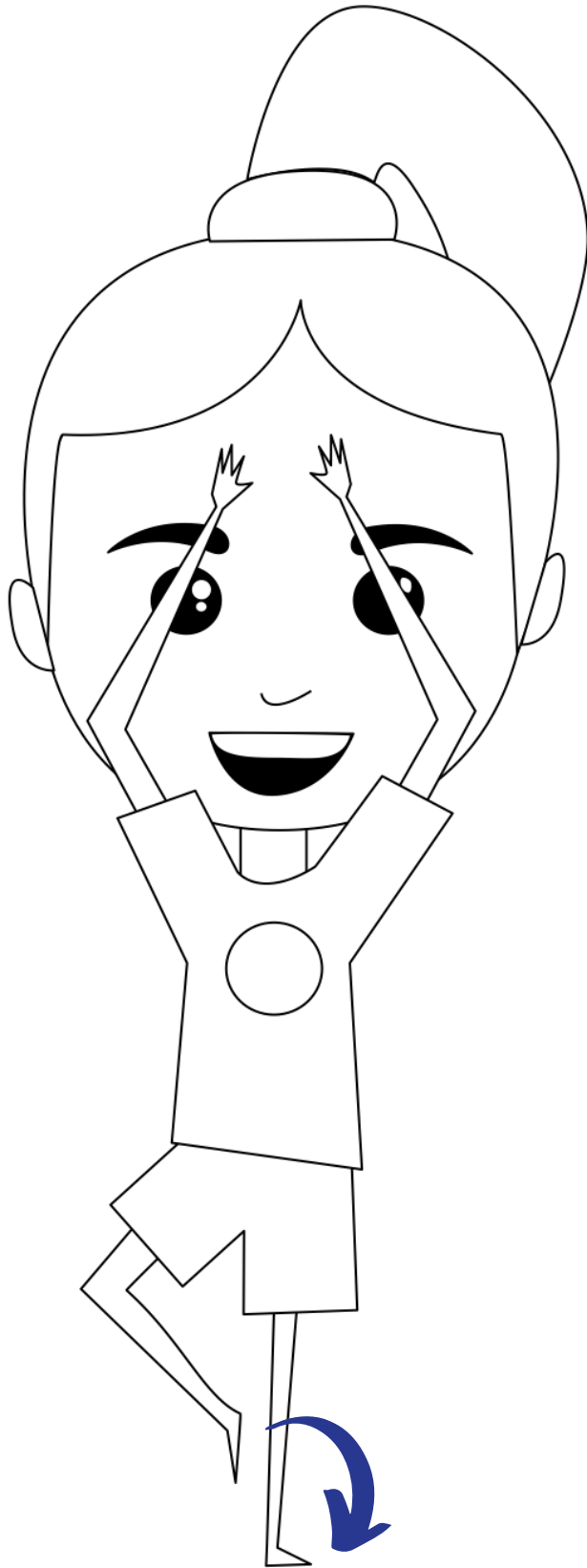
# STATION #6 - ALERTING CORE POSES

Directions: Stand on one foot and bend at your waist to lift your other leg out behind you. Stretch your arms out to be right beside your head. Hold this position for 5 seconds.



Directions: Stand on both feet, bend at the waist to put both your hands flat on the ground. Try to keep your knees straight and hold this position for 5 seconds.

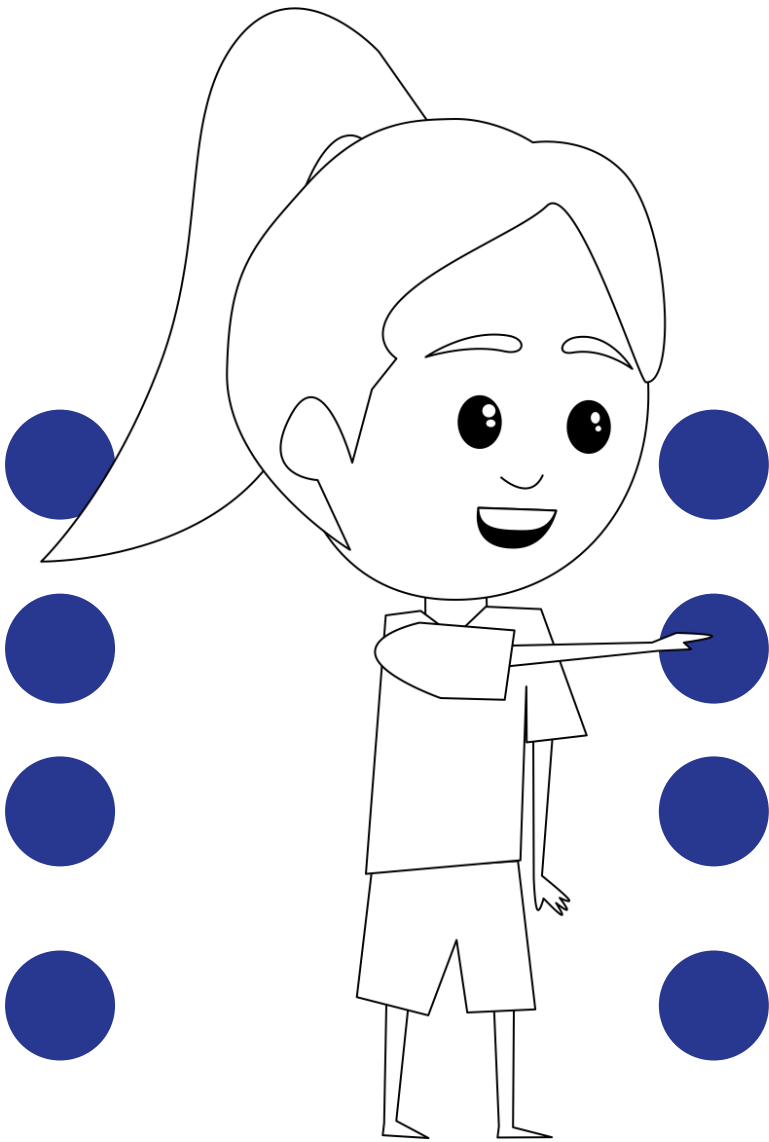
# STATION #6 - ALERTING CORE POSES



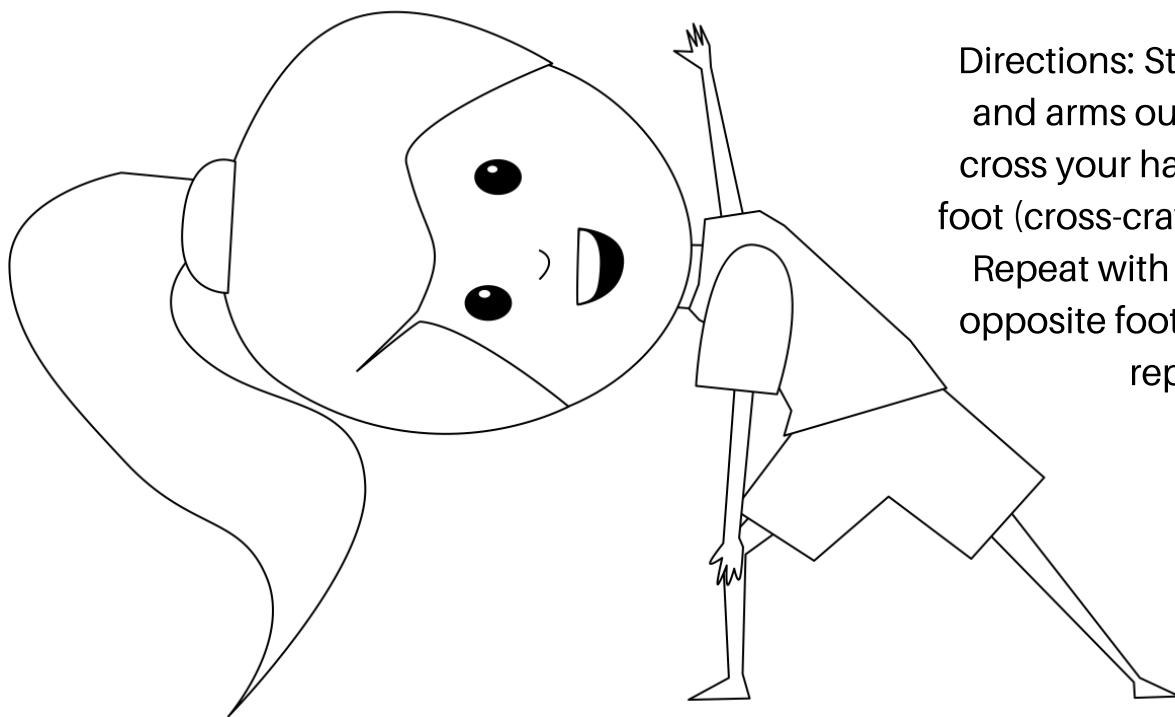
Directions: Pick up your left foot and place it on the other side of your right foot. Raise both arms over your head and hold this position for 5-10 seconds.

# STATION #7 - CROSSING MIDLINE

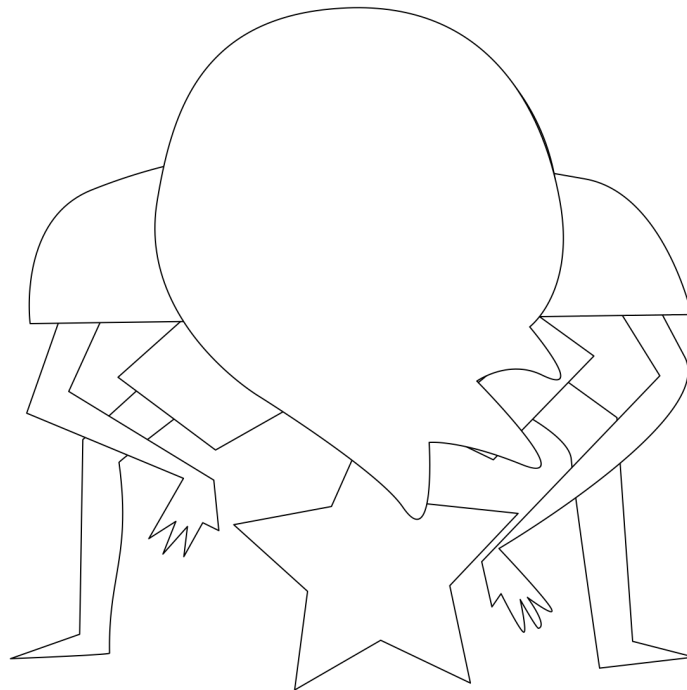
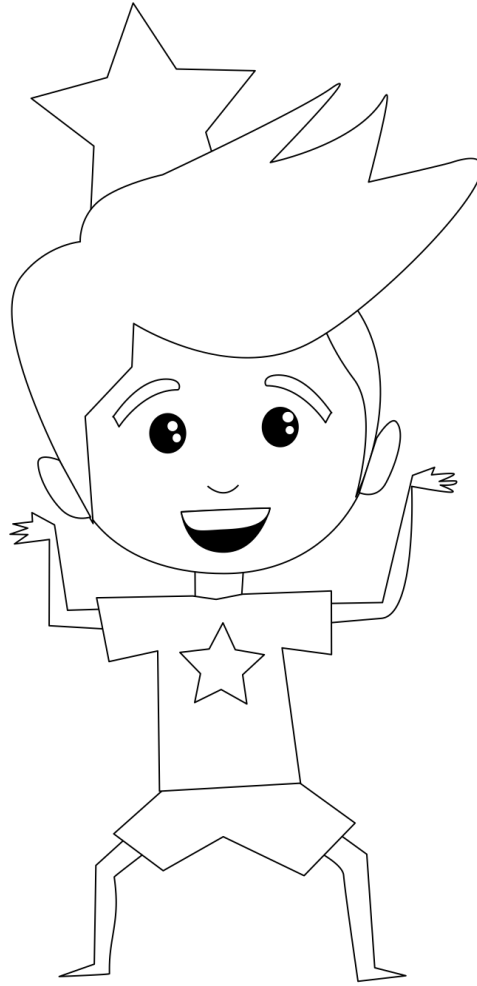
Directions: Point your index fingers. Push all the buttons on the wall by reaching across your body.



Directions: Stand with feet apart and arms out. Bend down and cross your hand to the opposite foot (cross-crawls). Stand back up. Repeat with the other arm and opposite foot. Complete up to 3 repetitions.

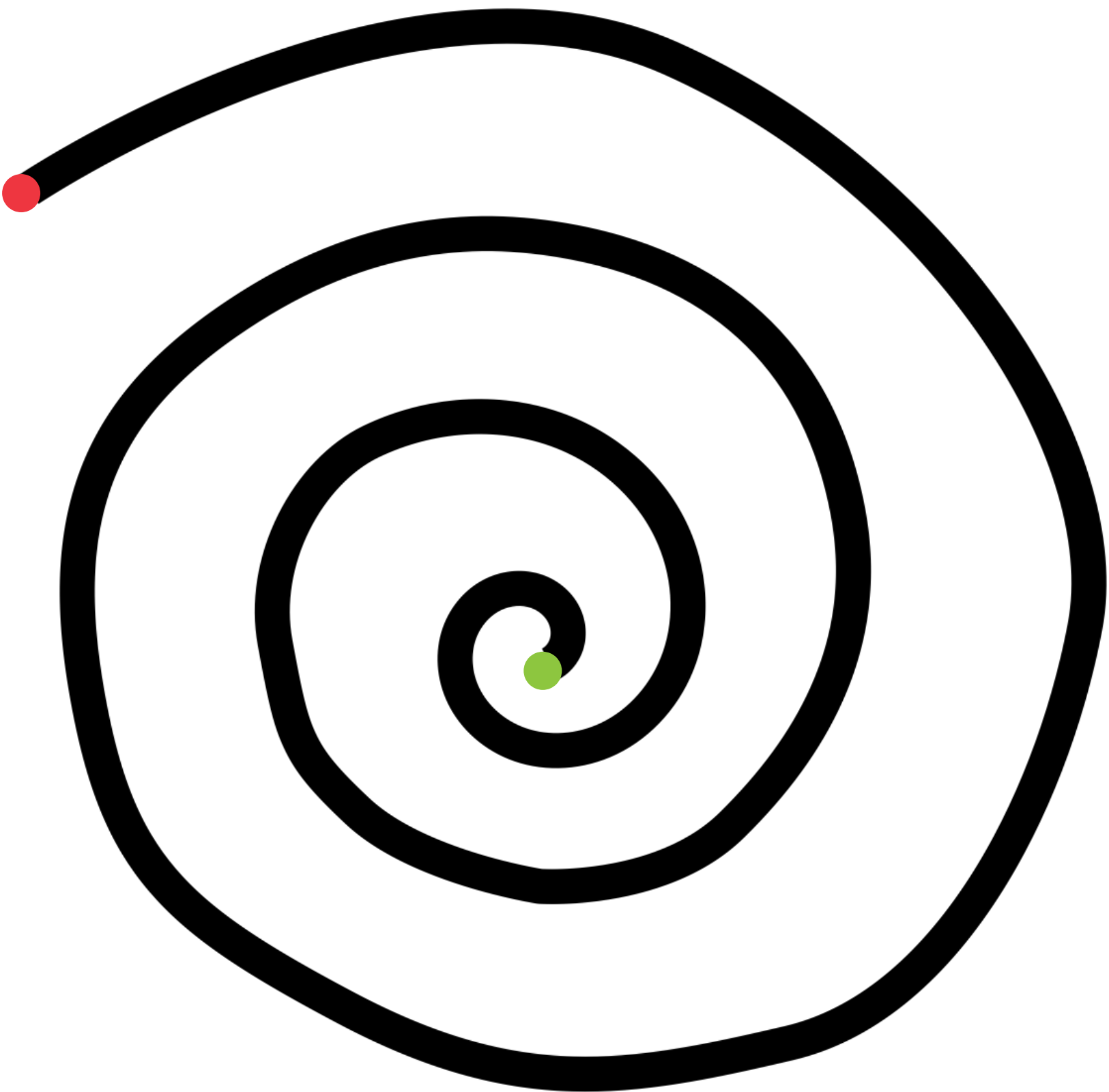


# STATION #7 - CROSSING MIDLINE



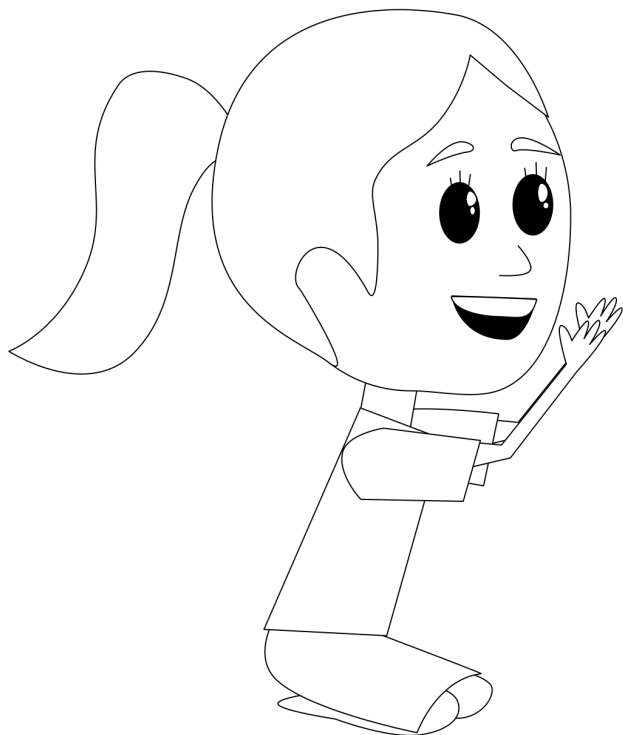
Directions: Stand with your back to the wall, about 2-3 inches away from the wall. Reach your arms up overhead to touch the star. Bring your arms down between your legs to touch the lower star.

# STATION #8 - TRACE THE TORNADO



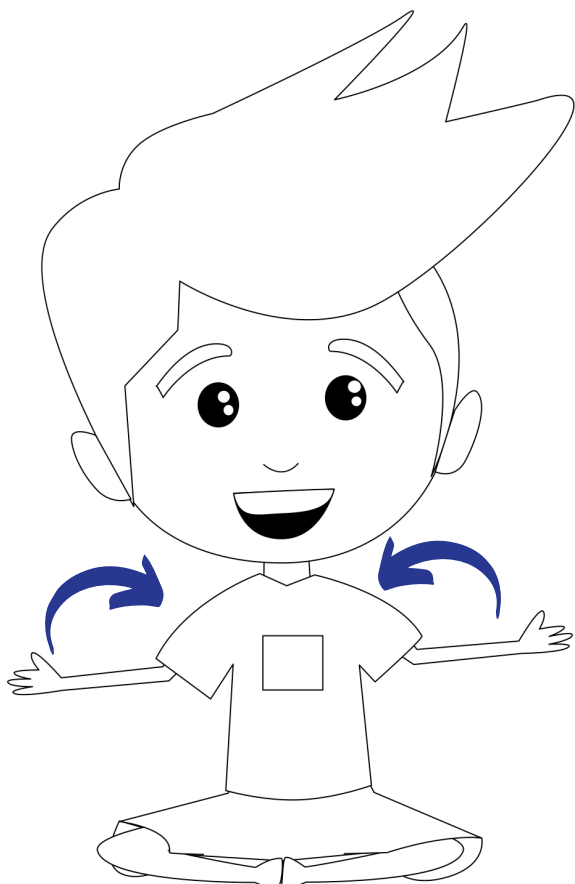
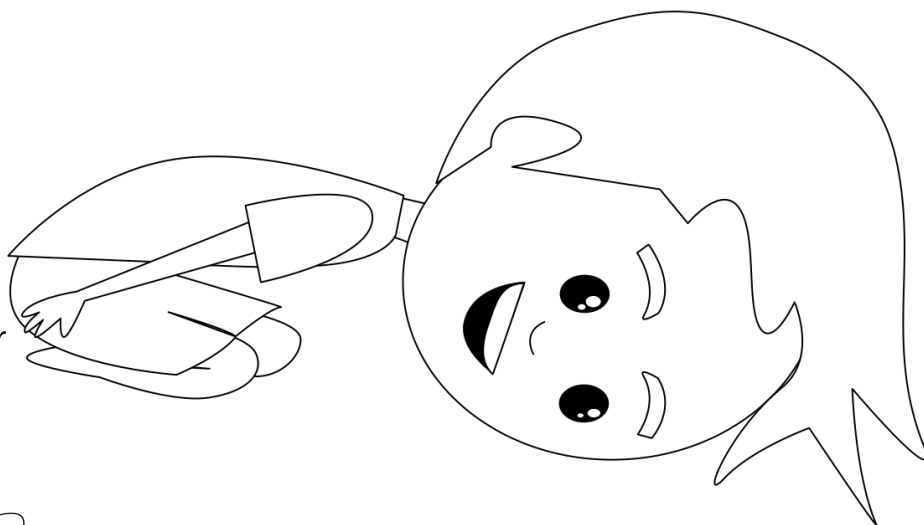
Directions: Stand at the middle of the tornado. Put your index finger in the middle of the tornado. Trace the tornado all the way to the end. Trace the tornado with the index finger of your other hand.

# STATION #9 - CALM CORE POSES



Directions: Sit upright on your knees. Bring your hands together in front of your body. Smell your candle (your hands) with a deep breath. Blow out your candle (your hands) by blowing out.

Directions: Fold your legs underneath your body. Bring your arms down to your side. Bring your head down to the ground. Close your eyes and breath deeply.

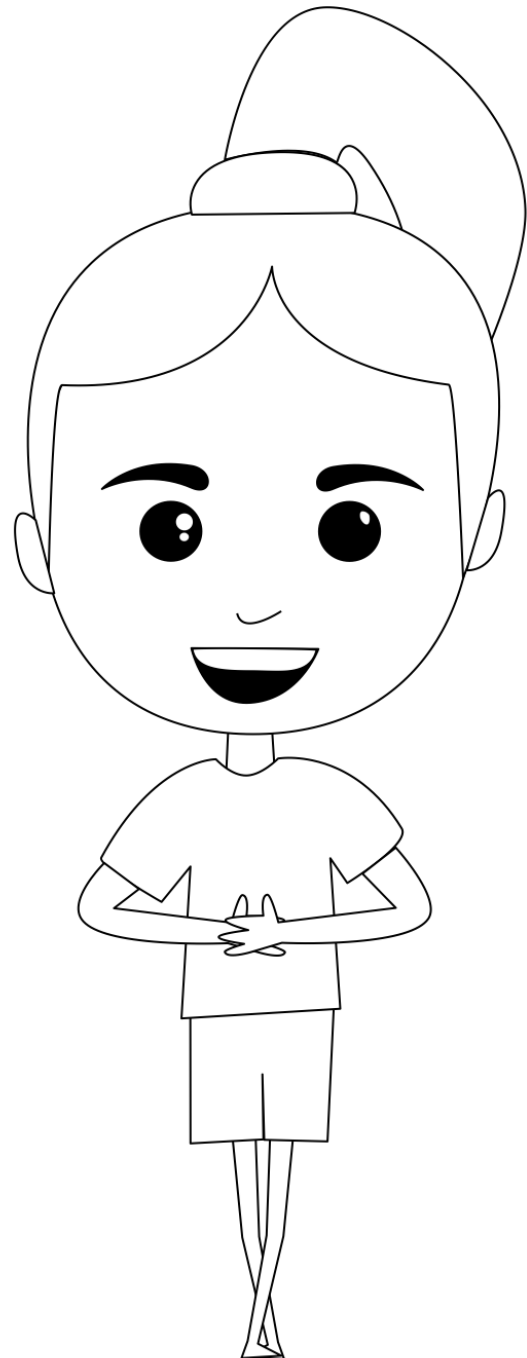


Directions: Bring your feet together so that the bottoms are touching, Touch your shoulders with your fingers.

# STATION #10 - CALMING ACTIVITIES



Directions: Lift your right leg and use your left arm to touch your knee as it raises. Then lift your left leg and touch your knee with your right arm as it raises (cross-crawls). Complete 5 complete repetitions, slowly, breathing normally.



Directions: Cross your feet. Place your hands on your stomach, one on top of the other. Take 5 deep breaths, feeling your breath with your hands as you breathe in and out.

# STARS FOR STATION #7





# BUTTONS FOR STATION #7

