

6 Week Program of Activities to Cover All Four Essential Building Bases

Name:

<p>Activities Wk 1</p> <p>Week Beginning Date:</p>	<p>Posture Base Core Strength</p> <p>Tummy Skittles</p>	<p>Posture Base Balance & Stability</p> <p>Tight Rope Trial</p>	<p>Bilateral Coordination Base</p> <p>Crossing the mid-line</p> <p>Lazy 8</p>	<p>Posture Base Balance & Coordination</p> <p>Cross Crawling</p>	<p>Sensory Perception Base</p> <p>Tactile Perception</p> <p>Feely Bag Game</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Clothes Pegs/ Bulldog Clips</p>
Completed						
<p>Activities Wk 2</p> <p>Week Beginning Date:</p>	<p>Posture Base Core Strength</p> <p>Bridge Games</p>	<p>Posture Base Balance & Coordination</p> <p>Marching</p>	<p>Bilateral Coordination Base</p> <p>Body Awareness & Direction</p> <p>Simon Says</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Keep it in the Air</p>	<p>Sensory Perception Base</p> <p>Tactile Defensive</p> <p>Messy Play</p>	<p>Hand & Finger Muscle Base</p> <p>Individual Fingers</p> <p>Finger Football</p>
Completed						
<p>Activities Wk 3</p> <p>Week Beginning Date:</p>	<p>Posture Base Core Strength</p> <p>Tummy Skittles</p>	<p>Posture Base Balance & Stability</p> <p>Chair Push-Ups</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Bubble or Flash Light Tag</p>	<p>Sensory Perception Base</p> <p>Tactile Defensive</p> <p>Buried Treasure</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Hole/Thumb Punch</p>	<p>Hand & Finger Muscle Base</p> <p>In-Hand Manipulation</p> <p>Posting Frenzy</p>
Completed						

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<p>Activities Wk 4</p> <p>Week Beginning Date:</p>	<p>Posture Base Core Strength Crab Walking</p>	<p>Posture Base Balance & Coordination Step-Ups</p>	<p>Posture Base Balance & Stability Statues</p>	<p>Bilateral Coordination Base Coordination & Ball skills Goal Post Skittles</p>	<p>Hand & Finger Muscle Base Hand Strength Squirter Activities</p>	<p>Hand & Finger Muscle Base In-Hand Manipulation Pinch Pots</p>
<p>Completed</p>						
<p>Activities Wk 5</p> <p>Week Beginning Date:</p>	<p>Posture Base Balance & Coordination Cross Crawling</p>	<p>Posture Base Balance & Stability Tightrope Trail</p>	<p>Bilateral Coordination Base Crossing the Mid-line Cross Pass Ball</p>	<p>Bilateral Coordination Base Body Awareness & Direction Simon Says</p>	<p>Sensory Perception Base Tactile Perception Grocery Hunt</p>	<p>Hand & Finger Muscle Base Individual Fingers Finger Escape</p>
<p>Completed</p>						
<p>Activities Wk 6</p> <p>Week Beginning Date:</p>	<p>Posture Base Core Strength Crab Walking</p>	<p>Bilateral Coordination Base Crossing the Mid-line Messy Mid-line Games</p>	<p>Bilateral Coordination Base Coordination & Ball Skills Goal Post Skittles</p>	<p>Sensory Perception Base Tactile Defensive Cooking</p>	<p>Hand & Finger Muscle Base In-Hand Manipulation Egg Box Share</p>	<p>Hand & Finger Muscle Base Arch of Hands & Grip Release Wheel Barrows</p>
<p>Completed</p>						

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Start off slow and easy, as skills develop you can add the more challenging elements of the activities. You may find that your child cannot manage some of the activities yet. Don't Worry! Make a note of them for future reference and replace the activities with others and come back to them at a later date when your child's strength and skill levels make them more appropriate.

Remember this is only a suggested plan of approach to give you a starting point. You can change it to best suit you and your child's needs.

After 6 weeks try the assessment activities again. Are there any improvements? The results may help you to focus on particular areas in the next set of activities.

When doing modelling activities try to focus your child on using specific techniques, such as rolling with the palm of the hands, kneading, pinching and rolling between fingers, squeezing, stretching and cutting.

Try to keep one or two core base activities in the program as this key area needs to be maintained all the time and supports the other three base areas.

Remember this is very much about what is right for you and your child, so add in new activities which your child may find enjoyable, focusing on the base area skills that need to be developed.

This is a developmental approach and will take time but should be FUN!