Buckinghamshire Healthcare NHS Trust

Hip Lift

ORGANISING AND CALMING





LIFT BODY

Lay on the floor with the ball under your legs. Stretch out your arms to the side. Lift from you hips.

EXTENSION

Try and lift hips higher. Use the ball to support your feet.

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Wall Press

ORGANISNG AND CALMING



WALL PRESS UP

Bend arms at the elbow and push into the ball. Extend arms to move away from the ball with straight arms.





FLOATING CHAIR

Bend knees at a 90 degree angle. Try and hold for 10 seconds.

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Walking Hands

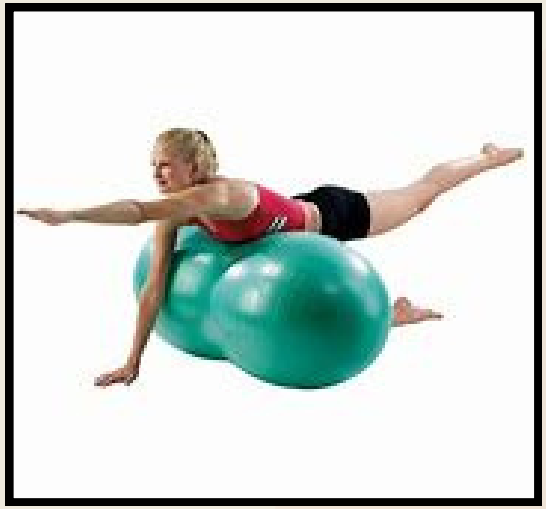
ORGANISING AND CALMING



ARM WALK

Walk arms forward. Keep them outstretched and back straight.





ARM RAISE

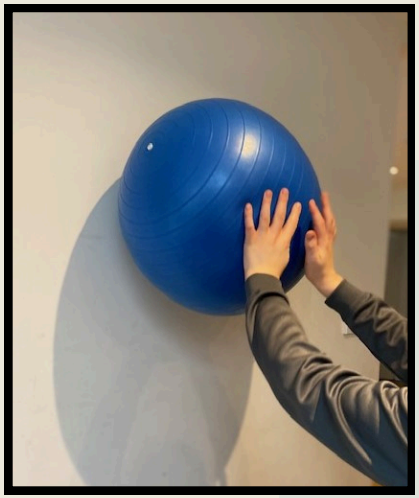
Lift one arm at a time. Try lifting your leg at the same time.

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Wall Rolls

ORGANISING AND CALMING





BALL ROLL

Roll the ball up and then down the wall, keep the ball controlled and use both hands.

FOOT PRESS

Press feet into the ball.



Use one hand to roll a small ball up and down the wall.

Leg Raises

ALERTING AND ORGANSING



LEG RAISE

Lay on your back and raise one leg at a time.

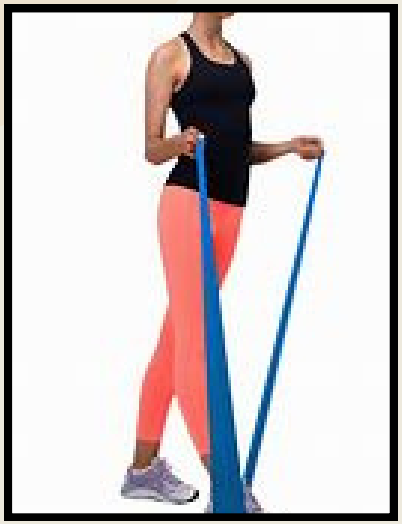


CALF PUMPS

Bring one knee into the ball and hold for 10 seconds

Theraband

ORGANISNG AND CALMING

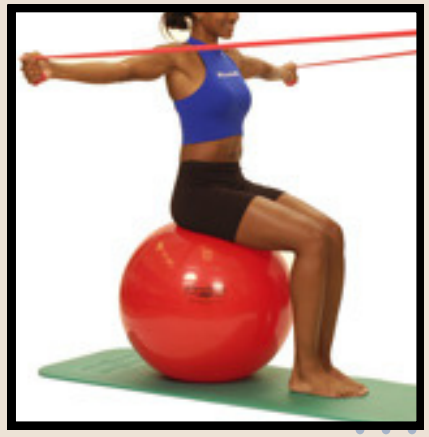












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Hoops



JUMP OR HOP ACCROSS



KEEP YOU R FEET AND HIPS FACING FORWARD



BALANCE ON ONE LEG



THROW OVER CONES



PASS AROUND THE CIRCLE



THROW A BEANBAG

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Weighted Ball



RAISE ABOVE YOUR HEAND AND BRING DOW TO KNEE TAP



USE BALL FOR MASSAGE



PASS BALL OVER, UNDER, ROUND, THROUGH, BEHIND.



SIT AND MOVE FROM ONE SIDE TOTHE OTHER, TWISTING A AT THE HIPS



ROLL UNDER YOUR FOOT OR OVER YOUR HAND



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Coloured Spots



CRAWL ACROSS ON FEET AND HANDS, FORWARDS, BACKWARDS, SIDEWAYS



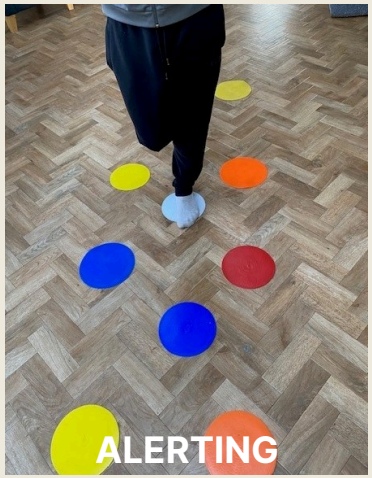
WIDE LEG TIPTOE ALONG TWO LINES OF SPOTS. BALANCE A BEANBAG ON YOUR HEAD TO MAKE IT HARDER



SKI JUMP
KEEP FEET TOGETHER AND JUMP ACCROSS EACH SPOT



PLAY TWISTER OR ROLL A DICE TO SEE HOW MANY BODY PARTS SHOULD BE ON THE COLOURED SPOTS



HOP OVER OR JUMP ALONG



KICK THE BEANBAGS ONTO THE SPOTS