

SIMPLE CORE STRENGTHENING

Here are some play ideas to help little ones build a strong core (tummy):



1

Heavy Helper

Pick up and carry heavy items like backpacks, milk jugs.



2

Magic Carpet

Have your child sit on a blanket/sheet/towel and use the blanket to pull them around the house.



3

Tickle and Chase

Be the tickle monster and chase your child around the house.



4

Bulldozer

Push or pull a full laundry basket or big box.



BC Centre for Ability

Beyond challenges—the sky's the limit

OCTOBER 2024