Physical Therapy Activity of the Week-

This week we chose an activity that is great for strengthening the neck muscles and the abdominals. It helps with timing and sequencing as well. We need all these things for efficient movement and for learning.

See below to have your child begin in the first position. You can sing a short song or count to 20 while the legs and head are tucked in tight. Then, your child will “pop out” and move arms and legs back into starting position. Try to do it 4-5 times. You may need to help your child maintain the tucked in position at first and they may not quite get to 20, but with daily practice, you will see and improvement with their strength and control! Have fun!

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**POPCORN**

1. Starting Position

   ![Starting Position]

2. Eyes close to knees

   ![Eyes close to knees]

3. Pop Out!

   ![Pop Out!]

(For a fun release movement, POP out with body straight and taut, feet together, and arms moving above head to a flat position on the floor. = “Popcorn”)

- Always flex neck
- Do not sit up on hips
- Do not roll back to neck or shoulders