Physical Therapy Activity of the Week-

Here are two fun yoga poses to help celebrate all the great spring weather we have been experiencing! Do these with your kids daily and watch them improve!

**Sprouting Pose**

Start in a squatting position arms at side touching the floor.

Slowly stand up raising your arms, as you sprout taller until you are in a full standing position with arms high overhead. Hold this position for 3-5 seconds.

Repeat 3 times. Remember to grow slowly just like a flower sprouting in Spring time.

**Rainbow Pose**

Start on the floor on your hands and knees (all fours position).

Lift your hips high up in the air straightening your knees. Let your head relax and look at your belly button. Push the palms of your hands and your feet into the floor.

Hold for 3-5 seconds and return your knees to the floor.

Repeat 3 times.

*You can modify the sprouting pose by standing along a wall for balance, or hold on to a chair for support.*