PT Activity of the Week

This can be a very busy time for families and we imagine some kids can get over-whelmed, over tired, over fed and over stimulated. So when your kids are fussy or tantruming or running all over the place, it might be time for a little relaxation. We are attaching a couple of Thanksgiving poses that can help with that. So when you see them struggling, suggest you do a little relaxation or focus moment to help them relax. “You look like you could use a focus moment. Do you want to be a leaf or a drumstick?”

Some classes have been doing the Falling Leaf and the Cranberry (which can provide some good deep pressure and input)

If they need to get some ENERGY OUT, give them some heavy work jobs to do
- helping to set up chairs for dinner
- creating obstacle course
- have them rake leaves and jump in them