-Physical therapy Activity of the week-

It’s Halloween time and many of our classes are doing Halloween yoga poses in their sensory motor groups. It’s a great way to celebrate Halloween, and can be combined with storytelling, another wonderful activity for kids. Get out your Halloween-themed books and act them out together. Or follow this yoga flow sequence with these matching yoga poses. (KidsYogaStories.com). You can make up your own pose if needed or adapt one if it is too difficult.

**Ghost or Skeleton** – Mountain Pose  
(Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Move with arms around like a ghost.)

**Moon** – Moon Salute or Extended Mountain Pose  
(Stand tall in Mountain Pose, look up, and reach your arms up to the sky.)

**Crooked Tree** – Tree Pose  
(Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree and lift your arms up like the branches.)

**Witch on a Broom** – Chair Pose  
(Stand tall in Mountain Pose, your feet hip-width apart, bend your knees, & pretend you are riding a broom like a witch.)  
**Bat** – Standing Forward Bend  
(From Mountain Pose, bend your upper body, reach for your toes, and hang like a bat.)

**Spider** – Table Top Pose  
(Come to sitting with your palms flat behind you and the soles of your feet flat in front of you. Lift your buttocks to create a table, then walk like a spider.)

**Haunted House** – Downward-Facing Dog Pose  
(Step back to hands and feet, lift your buttocks high, and pretend to be the roof of a haunted house.)

Here are some ideas for books you can use. *But, you can also make up your own story or let your child tell a short story with movement as well. Have Fun!!!*