PT Activity of the Week-

This week we chose the Tree Pose for our activity. Many classes are working on kicking skills on the playground and the tree pose helps support that skill by working on single leg balance. Try to do it on both sides, several times each day and watch them improve!

• **How to cue the pose:** Standing-Shift your weight to one side lifting up the other leg and placing it where ever feels comfortable.

• **How to adapt it:** Lying down bring one foot to the other leg or, While sitting in a chair bring one foot to the inside of the other leg. Or lean against a wall at first and then back off from the wall as you improve.