

Activities for the APE Student

<u>Vestibular Activities</u>	<u>Bilateral Motor Coordination</u>	<u>Proprioceptive Activities</u>	<u>Tactile Activities</u>	<u>Gravitational Insecurity</u>
<ul style="list-style-type: none"> *Swings: platform, net, playground, bolster, climbing ropes *Slides *Seesaws *Monkey Bars *Ladders *Rings *Suspended Bridges *T Stool *Stability Ball-bouncing, rocking back and forth on belly(arms tucked in/out) *Rocking chair/rocking bench *Scooter boards *Riding on a parachute *Unstable obstacle course-walking, crawling *Log rolling *Balance Boards 	<ul style="list-style-type: none"> *Fidgets/finger fidgets *Clapping patterns *Marching in place *Arm Circles *Angels in the snow *Stretches *Jumping Jacks *Catching/grasping with both hands-suspended balls/objects *Soccer dribbling *Foot to foot bicycling *Animal Walks *Push Ups *Jump rope activities-stretches, alternate hands *Hippity Hop *Balloon Activities 	<ul style="list-style-type: none"> *Chair push ups - Spider push ups *Body squeezes *Theraband stretches *Hand gripper *Push ups/wall push ups *Weighted vest -Ankle/wrist weights *Wheelbarrow-donkey kicks *Animal Walks *Seat Walking *Scooter Board *Jumping, Marching *Hopping *Activities in prone position *Unstable obstacle course *Hoppity Hop *Fidgets *Thera-putty *Clapping *Body Socks *Hugs *Stretches *Moving furniture *Carrying heavy equipment/books *Crab position soccer *tug of war *Beanbag chairs/foam mountains/pillows *Kneading play dough/dough *Digging/shoveling/raking/sweeping in sand 	<ul style="list-style-type: none"> *Hand Shakes *Push and pull activities *Fidgets *Boxes with feely objects inside *Hidden objects in sand box/beans *Weights *Water Activities *Playdough/theraputty *Balls of different sizes and textures *Deep touch pressure to limbs *Body Bowling *Parachute/coop band *Knocking down/touching/hitting noisy targets-soda cans, cans with bells, suspended pie pans *Using switches *Using cause and effect equipment-Tigger, noisy vehicles *Deep pressure-roll student up in parachute (hot dog, burrito), roll stability ball over student laying prone, place mats over student and have other student log roll on mat or make a taco/hamburger *Tug of war *Body Sock 	<ul style="list-style-type: none"> *Resistance and deep pressure to limbs *Limit activity on moveable/suspended surfaces/equipment *Allow student to have both feet flat on floor *Have student hold on to someone or something *Ascending/descending stairs