

Standing & Walking

Physical Therapy Home Activities Stickers & Steps

Grade Level:

Preschool - High School

Targeted Skills:

Leg strengthening and balance related to stair climbing

Materials:

- Vertical surface (wall, door, or low closed window)
- Step stool (thick book or strong box)
- Stickers
- Tape
- Paper

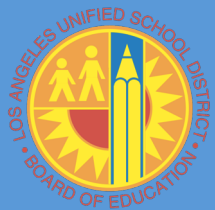
Student should be with an adult at all times when performing these activities.

CAUTION: For balance activities, make sure that you choose an OPEN space so if your student loses their balance, they won't fall into anything. An adult should be WITHIN ARMS DISTANCE of them at all times to catch them if they fall.

Directions (steps 3-4 on second page):

1. Place stickers or pieces of tape on the floor so the child has to squat down to grab one.
2. Have your child step up on stool or low stable surface, providing physical assistance or help as needed (as shown in the picture).





Directions (continued):

3. Have child place sticker on paper, providing hands near child's trunk as shown to prevent loss of balance.
4. Step down and repeat, providing necessary assistance for safety.



Modifications to Activity:

If this is difficult, remove step stool or find a lower surface to practice stepping up on. Squatting to pick up stickers will work on functional strength, so skip the stepping up and just work on squatting to lower the level of difficulty.

How to Incorporate into Educational Routines:

- Draw a picture to have the child decorate
- Use dot stickers to fill in a face (discuss/identify the parts of a face)
- Trace their name or a letter
- Work on color sorting or counting
- Draw a person and identify body parts while using painter's tape for pretend Band-Aids

Get moving with this 12-week walking & wheelchair activity schedule!

By Mayo Clinic Staff

This 12-week walking and/or wheelchair activity program and schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. Before starting this walking plan, talk with your child's doctor first.

Try to walk at least five times each week. Always start with a five-minute, slower paced walk (or wheelchair push) to warm up and end with a five-minute, slower paced walk to cool down.

Start at a pace that's comfortable for you. Then gradually pick up speed until you're moving briskly — the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time.

Physical activities are recommended for children and adults throughout their lives.

- At least 150 minutes of moderate aerobic activity a week
- Strength training exercises at least twice a week (if able)

The goal of the walking program that is being provided to you is for your child to either maintain their walking skills or to improve them over the summer months so your child returns to school with increased mobility skills, ready for participation in their classroom!

As with any exercise or walking program, please proceed with caution. You know your child and their individual skills and abilities. If needed, you may modify the times listed below to adjust to your individual child current level of performance. Provide adult supervision, verbal instructions and physical assistance as needed. Your child should use their adapted equipment (walker, gait trainers, wheelchairs) and braces as prescribed by their physician.

Please bring this completed table at the beginning of the 2020-21 school year and give it to your LAUSD School Physical Therapist!

Week	Warm-up	Walking (working up to brisk walking)	Cool-down	Items Completed (v)
1	5 minutes	5 minutes	5 minutes	
2	5 minutes	7 minutes	5 minutes	
3	5 minutes	9 minutes	5 minutes	
4	5 minutes	11 minutes	5 minutes	
5	5 minutes	13 minutes	5 minutes	
6	5 minutes	15 minutes	5 minutes	
7	5 minutes	18 minutes	5 minutes	
8	5 minutes	20 minutes	5 minutes	
9	5 minutes	23 minutes	5 minutes	
10	5 minutes	26 minutes	5 minutes	
11	5 minutes	28 minutes	5 minutes	
12	5 minutes	30 minutes	5 minutes	

U.S. Department of Health and Human Services, 2013