



Many thanks to Megan’s mum for writing this programme of activities to help improve children with their coordination and balance. The activities are particularly helpful for children with hemiplegia.

	Arm Stretches	Arm Weightbearing	Hips	Leg (Quad) Strengthening	Weight Transference	Hands
Reaching for Stars	✓				✓	
Megan loves reaching for imaginary stars and collecting them for me in a basket. She does this kneeling down, sat on her physio ball or her favourite place is on Daddy's shoulders. When she has finished collecting them all, Megan throws them all back into the sky.						
Running with Ball to Music	✓				✓	
This is one of Megan’s favourite activities. We put some fast music on (No Doubt’s Tragic Kingdom is good), and chase each other around the living room holding a football-sized ball high in the air. We run in all directions, spin round and round, and then collapse in a heap.						
Pegging out the Washing	✓				✓	✓
When I hang out the washing Megan hands me the pegs with her right hand. Often though, she ends up covering the bits of clothes/towels that she can reach with pegs. Her right hand is called her “pegging hand”.						
Folding up Towels/Sheets	✓					✓
Megan helps me fold the towels/sheets up once they are dry. Megan takes one end and I take the other, and we give the towels/sheets a good shake in the air.						
Raspberry/Strawberry Picking	✓					✓
Megan and I went to a ‘Pick Your Own’ farm to pick raspberries and strawberries. I told her that the juiciest raspberries were high up in the bushes so that she had to really reach to pick them.						
Wheelbarrows		✓	✓			
When Megan’s friends come round to play, we often have wheelbarrow races in the garden.						
When we do wheelbarrows inside we put some of Megan’s dolls and teddies around the living room. Megan puts on her little rucksack, filled with her “bits and bobs”, and delivers presents/play food to her toys.						
Megan likes wheelbarrowing over her physio ball. She thinks it’s funny to play her toy piano while I hold her over her physio ball.						
Standing on One Leg				✓	✓	
When I get Megan to try and stand on one leg I ask her to decide how many we’re going to count up to whilst we do it. I also try to get Megan to push a football forwards and backwards without letting go of it, whilst standing on one leg holding my hands.						
Physio Ball Leg Lifts				✓	✓	
Megan enjoys sitting on her little physio ball (about the size of a football) and lifting each leg in turn until she wobbles and falls on the floor. I do this exercise with her on the big physio ball.						
Row, Row, Row the Boat		✓			✓	
Megan and I get on all fours, and sing “row, row, row the boat” whilst rocking from side to side, lifting each hand of the ground in turn.						
Climbing Up and Down Climbing Frames	✓	✓	✓	✓	✓	✓

	Arm Stretches	Arm Weightbearing	Hips	Leg (Quad) Strengthening	Weight Transference	Hands
Hip Raises			✓			
Megan lies on the floor with a ball under her knees with her eyes closed. I pass different objects underneath her when she lifts her hips up, and Megan has to guess what has gone through the tunnel.						
Skipping with a Hoop	✓			✓	✓	
Bunny Hops		✓		✓	✓	
Bunny hop races are lots of fun. We cut out carrot shapes and put them at the end of the living room, and race each other to get them.						
Let's Go Fly a Kite!	✓			✓	✓	
Megan had lots of fun flying her "Clifford the Dog" kite on the beach. I got her to hold the kite handle up high in her right hand while she ran round and round in circles. I then taught her how to make Clifford jump by moving her arm up and down. It was a dream watching her do this unaware of the good it was doing.						
Crossing the River			✓	✓	✓	
We imagine our front room is a scary river and Megan chooses which creature is hiding beneath. Megan's favourite is snakes!! I've got two toddler bathroom steps and Megan stands on one and then I place the other a good step away, and Megan has to step onto it without falling into the water!! We do this around the living room alternating which foot Megan is stepping with.						
Bracelet Stepping			✓	✓	✓	
Megan puts a bracelet on her right foot, then using the steps again, she steps onto the step with her bracelet (right) leg, down with her left, and then back up onto the next step with her right leg. Megan has added her own variation to this exercise by getting one step, stepping onto it, then jumping off into a hoop.						
Bopping Mummy on the Head	✓			✓		
Megan and I sit on the steps facing each other. Megan has a ball in her hands and she has to stand up, reach up high with the ball and throw it to me!! Then I do the same. Some how, this game ended up with me sitting with my back to Megan, and Megan standing up and throwing the ball at my head in hysterics!!!						
Heel Walking			✓	✓		
Megan's preschool came up with this one. When they have singing time they get all the children to do "Ring-a-ring-of-Roses" and "Here we go round the Mulberry Bush" walking on their heels.						
Tap a Walk			✓	✓		
Megan needs to improve her walking by keeping her knees straighter (heel-toe, heel toe). To encourage her to do this I bought Megan a pair of tap shoes and added extra heel taps. She loves them, and making lots of noise !!!!						
Dance Mat Twister				✓	✓	
Megan has a dance mat with a rectangle of different coloured stars on it, and some little star beads of the same colours. Megan chooses which colour star she wants to put her feet on to start, then she picks a little star from my hand (which I hold up high on her right hand side so that she has to reach), and puts one of her feet on that colour star. We repeat this, alternating feet as she goes until she falls over!! We've also played this game using hands as well but it's a bit too difficult for Megan at the moment.						
Washing Dolls Clothes						✓
I gave Megan a washing up bowl full of soapy water to wash her dolls' clothes with. I showed Megan how to scrunch the clothes, rub the soap in, and wring the clothes dry, using both of her hands. Megan loved doing this until she stood up, walked backwards, forgetting the bowl of water was behind her, and fell bottom first into the washing up bowl!!						
Water Fights						✓
When Megan is in the bath I give her the old bubble bath bottles to play with. She has a great time squirting water at her bath toys and me!						