

**Grace Rehabilitation Center, Inc.**

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We are thankful for the time we get to spend with your kids and we miss them very much. During this time that we are unable to work with your kids due to the school closures, we wanted to share some information that might help you keep them active.

1. The best advice we can give you is to make it fun! We have included a few exercises for kids. These are exercise cards most of your kids are familiar with. You can print them out and cut around them and make a game out of it. They include instructions and have numbers on the side that reflect beginner, intermediate, and advanced. Work your way up to advanced.
2. The other page is an example of four ball passes most of you will be familiar with. A chest pass, bounce pass, over-head pass, and underhand pass. Mix it up, call out a pass and let them throw it back. If they do well with that give 2 or more different directions. (Example: throw me a bounce pass then a chest pass.) It works with them following multi-step directions, and they have fun with you trying to trick them. Kicking and other activities standing on one leg are also great!
3. There are two pages that have some simple gentle stretches.
4. Our last suggestion is Play! Run, jump, skip, dance, move. My personal favorite is an obstacle course! It amazing what you can find around your house to jump over or crab walk under. Have fun and enjoy spending time with your kids.

A couple of fun links for activities are:

* [www.gonoodle.com](http://www.gonoodle.com) (Warning the songs may get stuck in your head forever)
* [www.pinterest.com](http://www.pinterest.com) Search “kids gross motor games”. There are a lot of fun activities you can do with things lying around in your house.

If you have any questions feel free to reach out! Please stay safe and well. We look forward to seeing you as soon as we get back to school!

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