





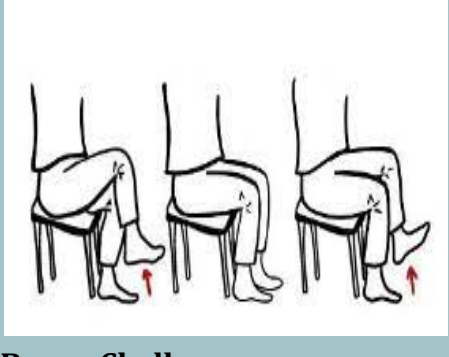


Physical Therapy Choice Board

Complete the activity and at least one bonus challenge for at least 2 columns.

BALANCE	MOTOR PLANNING	STRENGTHENING
<p>Stand with your feet together, side by side, on the floor for 10 seconds. If you lose your balance, put your feet back together and keep counting from where you left off. Complete 3 times.</p> <p>Bonus Challenges:</p> <ol style="list-style-type: none"> 1. Closing your eyes 2. Standing on a pillow 3. Raising your hands over your head 	<p>Complete the following poses in order 5 times:</p>    <p>Bonus Challenges:</p> <ol style="list-style-type: none"> 1. Teaching the movements to someone else 2. Repeat in order without pictures 3. Repeat in backwards order 	<p>Complete each exercise at least 10 times, nice and slow!</p>    <p>Bonus Challenges:</p> <ol style="list-style-type: none"> 1. Repeat each exercise 5 more times 1. Teach the exercises to someone else 2. Complete without the wall (squats/pushups) or the chair (marching)