



Name of activity: Stuffed Animal Rides

Age range: K- grade 2, grade 3-5

Materials

- Stuffed animal
- Bucket or bin (laundry basket, pail, etc)

Instructions

*Below are three activities that can be done with or without a partner. See below for videos.

1. Elevator rides

- a. Place stuffed animals on the floor in front of a bucket
- b. Have child stand in front of the bucket and have them place a stuffed animal on their foot (or partner)
- c. Have child lift stuffed animal on their foot into the bucket
- d. Alternate which foot the child uses to give the stuffed animal a ride!

2. Crane ride

- a. Have child sit on the floor with stuffed animals and a bucket
- b. Have child place a stuffed animal in between their feet
- c. Have child lift the stuffed animal while keeping it in between feet and place in bucket.

3. Airplane ride

- a. Have child lie on their back
- b. Place beanie babies near the head and the bucket near feet
- c. Have the partner place the beanie baby between feet
- d. Have child take the beanie baby for a ride down to the bucket (controlled leg lower)
- e. Can have the child place the beanie baby between their own feet if you do not have a partner
- f. Can complete the activity vice versa so that the child is working on leg controlled leg raises

Activity Modification

To simplify

- **Elevator rides**
 - Have child sit on ground or stable surface
 - Decrease the height of the bucket
- **Airplane Rides**
 - Complete controlled leg lowers without stuffed animal between feet

To make more challenging

- **Elevator rides**
 - Have child sit on an unstable surface (therapy ball, pillows, wobble sit)
 - Have child try to pick up stuffed animal without using hands
 - In sitting position, have child pass stuffed animal from one foot to the other foot, and then into the bucket
 - Incorporate crossing midline
- **Airplane Rides**
 - Have child complete leg lowers diagonally (i.e windshield wiper core exercise)