Modifications:

None

K2
Key Activity

170

Key Activity 2: TLR Supine Flexion

Popcorn

Instructions:

- Lying flat on his back, have the child bring his knees to his chest, wrapping his arms around his legs. He should breathe deeply and rest for a moment, relaxing against the floor.
- Then have him lift his head, trying to keep his eyes close to his knees. He should maintain this position in a calm, relaxed manner without struggling.
- After holding this position for 20 seconds, have him POP OUT! Repeat 3 times.

Performance Objectives:

- Stimulate postural muscles
- Develop mature motor patterns
- Develop core stability
- Facilitate motor control

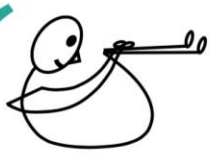
Further Suggestions:

- Please see Chapter 2 to understand the reasons and importance of each movement mentioned here.
- Use carpet squares for comfort.
- Use an auditory stimulus, such as clapping, to initiate the movement from supine to flexion (and the release movement) in an automatic manner. Do this only after the child has practiced this activity as described above for at least a month.

1. Starting Position



2. Eyes Close to Knees

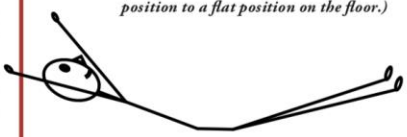


Pre-K Approved

Pre-K adjustment: Begin with holding the position for 10 seconds, moving forward to 20 seconds.

3. Pop Out!

("Popcorn" = Moving from the flexed position to a flat position on the floor.)



Always flex neck



Do not sit up on hips



Do not roll back to neck or shoulders



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K2

Intensity Level

Level of Difficulty

Popcorn