



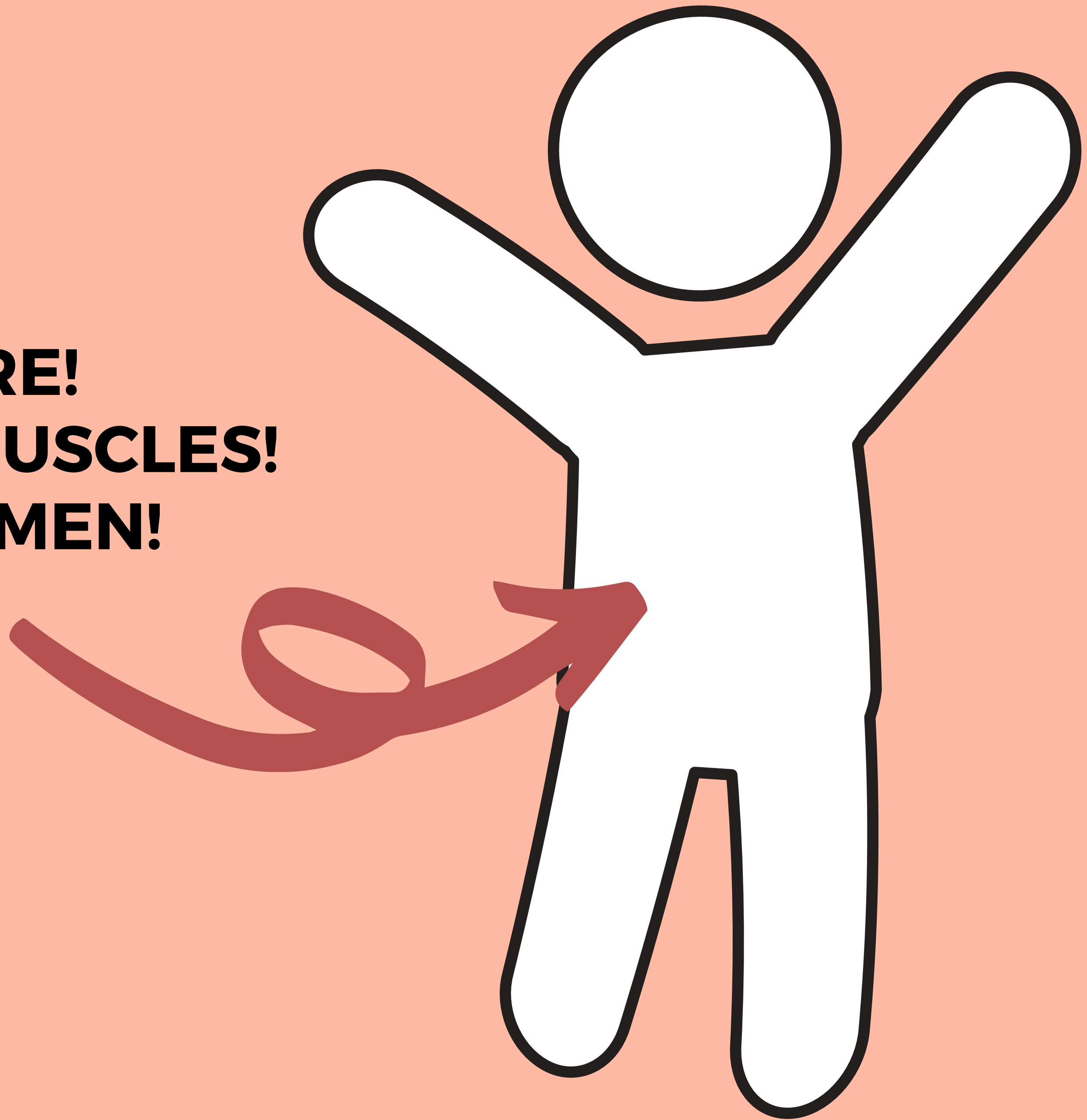
CREATIVE DEVELOPMENT, LLC

BUILD YOUR STRONG BASE

Collaboration with Ms. Sue

WHAT IS YOUR STRONG BASE?

**YOUR CORE!
YOUR TUMMY MUSCLES!
YOUR ABDOMEN!**



WHAT EVERYDAY ACTIVITIES ENGAGE OUR CORE?

- **Laughing**

- **Coughing**

- **Sneezing**

- **Breathing**



WHY IS ACTIVATING OUR CORE IMPORTANT?

For Home

- **Getting Dressed**
- **Eating & Feeding**
- **Swinging on a Wwing**
- **Riding a Bike**
- **Skating**
- **Swimming**
- **Using a Swivel Bike**
- **Chores!**

For School

- **Sitting up in a chair**
- **Efficiently using scissors or writing utensils**
- **Efficiently using our eyes to accurately see people and information in classrooms**
- **To run, climb, and play with our peers**





**LET'S
BREATHE!**

**Breathing is important for core activation!
It turns on our muscles so they can work.**

**GET TO
KNOW
YOUR
BREATH!**

Breathing helps to ground us.

**Breathing also helps our sensory system. When our body
goes into "fight or flight," our breathing helps us stay calm.**



HOW DO WE BREATHE?

- **Put your hands on your hips, tilt backwards and forwards**
- **Find the middle and rest there**
- **Open up your shoulders, lower your shoulders**
- **Check for engagement (gentle stomach and side poke)**
- **Breathe in, expanding your belly out like you are blowing up a balloon**
- **Exhale out, contracting your belly in like the balloon popped!**



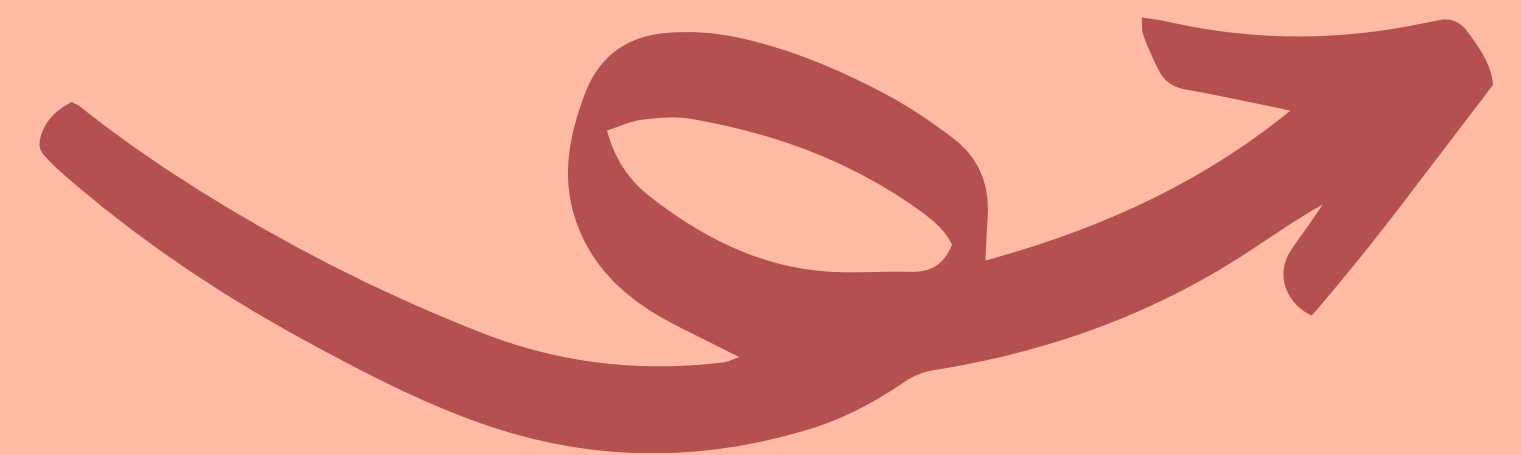


**LET'S WORK
OUR CORE!**

**FOLLOW ALONG WITH MS. SUE TO WORK
YOUR CORE WITH THESE EXERCISES BY
VISITING THIS LINK:**

<https://www.facebook.com/creativdevelopmentct/videos/545766892795153/?vh=e&d=n>

**YOU CAN ALSO FOLLOW ALONG USING
THE FOLLOWING PAGES**



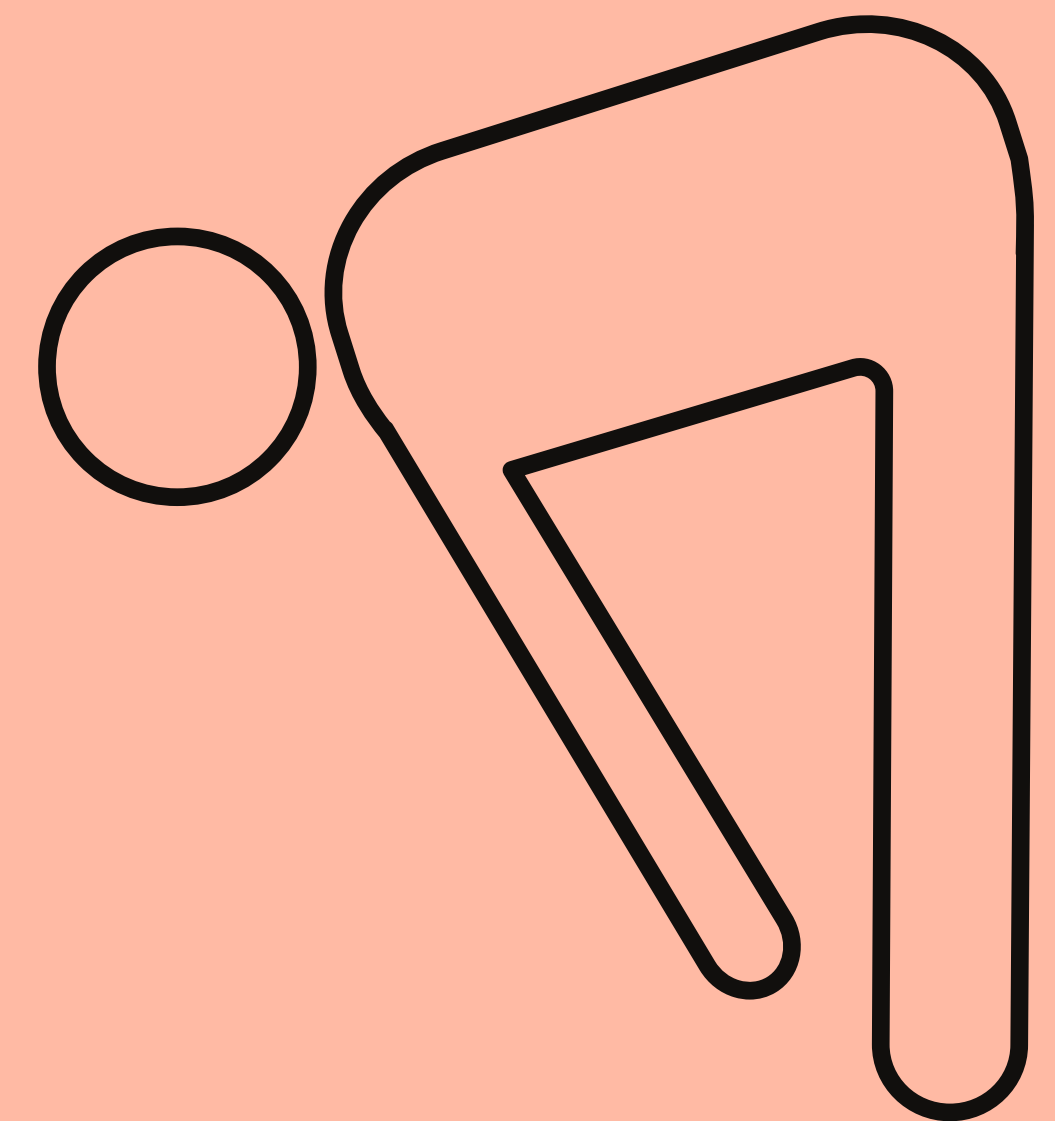
Standing Tall Exercises

- **Stand Tall and Reach for the Sky**
- **Stand tall and Reach Side to Side**
- **Rock Toes to Heels**
- **Rock Side to Side**
- **Rotate, Small Circles**
- **Standing Knee Lift**
- **Standing Toe Lift**



Standing Exercises

- **Forward Bend, Touch Knees or Toes**
- **Bent Leg Lift**
- **Straight Leg Lift**
- **Alternating Legs/Arms (Cross Crawls)**



Floor Exercises

- **Bridge Pose**
 - **Pay attention to your neck, if something hurts do not do the activity or reach out to us for a suggestion on a modification)**
- **Table Top**
 - **Think about what you are going to have as a meal. Having something to think about while doing the activity helps to hold the position longer.**



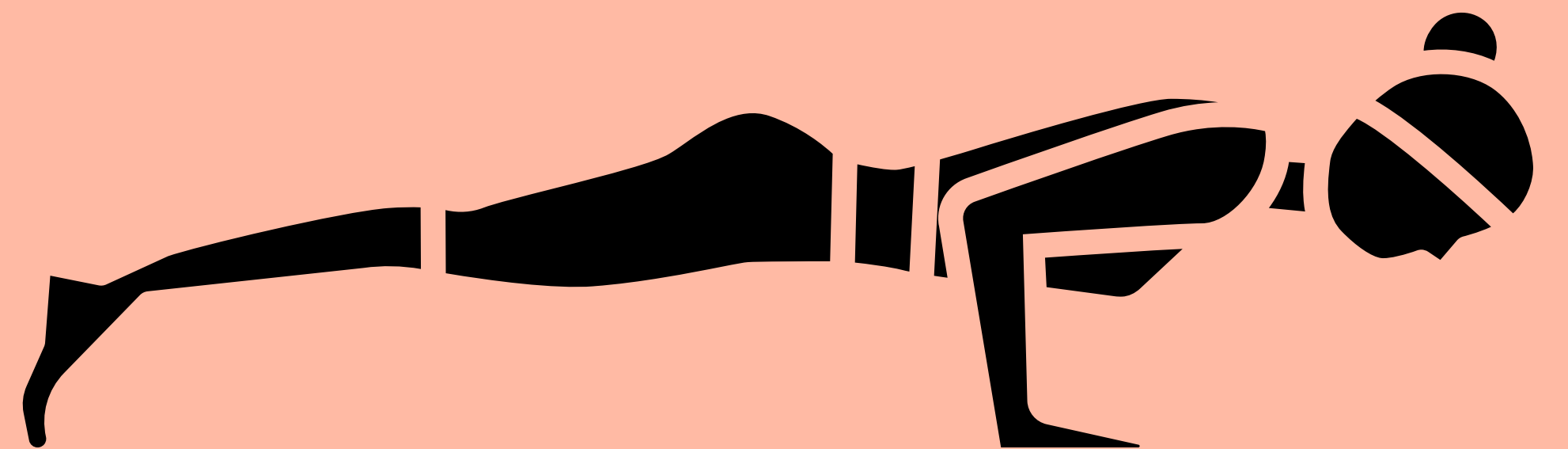
Floor Exercises

- **Cat Stretch**
 - **(Breath in flex, Breath out extend)**
- **Knee to Chest**
 - **Lying on back, bring individual knee to chest**
- **Egg Pose and Rolling Egg Pose**
- **Scissors**
 - **Lying on back, scissor legs**



Plank Exercises

- **Plank on Hands**
- **Plank on Forearms**
- **Plank on Knees**
- **Tall Planks**
- **Side Planks**
- **Twist Planks**



Superman Exercises

- **Arms Behind, Legs Straight**
- **Arms Forward, Legs Straight**
- **Arms Only**
- **Legs Only**



Tall Kneeling Exercises

- **Paint on a Vertical Surface**
- **Draw on a Vertical Surface**
- **Roll a Ball**
- **Play Catch**



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**WE HOPE YOU
HAD FUN!**

If you have any questions, please be sure to reach out to us! Stay safe and strengthen your core!