

# 10 FUN WAYS TO PLAY WITH LUMMI STICKS

1 || Have a child pass a Lummi Stick around his body. Start with the waist then move to an area like the knee where more bending/twisting is involved. Try this in standing and kneeling or even half-kneeling for an extra balance challenge.

2 || Grab your favorite music and make up a routine using the Lummi Sticks. Incorporate a partner to jazz it up a little more. Challenge kids to create their own movements. Try the Macarena! This dance encourages all kinds of movement that involved crossing midline and bilateral coordination. Adding the Lummi Sticks provides an extra dose of proprioceptive input.

3 || Use Lummi Sticks as a tool for learning vocabulary words. Tap out syllables or use them when practicing spelling words for an added motor component.

4 || Practice midline crossing by placing stickers on a wall that match the colors of the Lummi Sticks a child is using. Have her tap the yellow stick to all of the yellow stickers without moving her feet. This can be done with 2 hands on one stick, 2 different colored sticks (one color in each hand), or 2 of the same colored sticks (one in each hand).

5 || Play a listening game and have a child tap out the same beat or rhythm that she heard you tap. This is a perfect way to work on self regulation.

6 || If body awareness is a challenge, have a child tap their shoulders, knees, nose, ears...be gentle!

7 || Try core strengthening with Lummi Sticks! Have a child stand tall and then lift his right leg to tap both sticks underneath. Return that foot to the floor and then lift the left leg to repeat on the other side.

8 || Play hand clapping games with the Lummi Sticks.

9 || Throw them! A controlled toss of a Lummi Stick between partners is a great way to practice hand-eye coordination!

10 || Play a game of Simon Says! Simon says, put one Lummi Stick on your head and one on your toe! Try different movement combinations based on the skills the child is working on.