

PRONE POSITION: 14 FUN ACTIVITIES FOR KIDS!

Prone propping on the floor is a position in which a child is lying on his belly with his feet out behind him and his elbows on the floor. This position promotes shoulder stability and improves trunk control through core strengthening.

What To Look For

If you notice a child doing any of the following while playing in prone, it may be a sign that they could use more exposure to this position:

- Breath holding
- Fidgeting (squirming arms and legs)
- Moving in and out of the position — usually into quadruped or side lying
- Lying head on arms

14 Activities and Ideas for Prone Position Play

- 1 || Books (sticker books, mazes and puzzle books, hidden pictures)
- 2 || Puzzles
- 3 || Coloring, drawing, or painting
- 4 || Roll a ball back and forth
- 5 || Play on a scooter by using hands to move from point A to point B
- 6 || Lie in prone on a therapy ball and place stickers or draw on a vertical surface
- 7 || Superman pose
- 8 || Play dough
- 9 || iPad games (check out some of our favorite OT apps)
- 10 || Board games (Guess Who, Let's Go Fishin', Operation, Hungry Hungry Hippos, Jenga)
- 11 || Card games (Uno, Go Fish, Spot It, Memory)
- 12 || Cutting activities (Vehicle Cutting Activity, Tape Mazes)
- 13 || Writing and Pre-Writing Activities (Pre-Handwriting Fine Motor Activities Fun Deck)
- 14 || Fine/Visual Motor Toys (Spirograph, Lite Brite, Etch a Sketch, Pattern Blocks and Boards, Squigz, Legos, Wikki Stix)