

QUADRUPED: 10 FUN WAYS TO PLAY

1 || Animal walks and wheelbarrow walks

Try bear crawls or inchworms or wheelbarrow walks.

2 || Board games or card games

A hands and knees position is also a great position for a child to be in when he is playing a board game so that he has to shift his weight and reach.

3 || Yoga poses

Spinal balance pose or balancing table pose is a great balance and strength challenge for kids.

4 || Follow the leader

Choose a leader and play follow the leader in quadruped. Can kids move forward, backward, side to side, diagonally and even up/down stairs?

5 || Puzzles

Position the base of the puzzle further away from the pieces to encourage crawling to retrieve the pieces or place the base of the puzzle on a higher surface to work on transitioning between quadruped and sitting, kneeling, or standing.

6 || Toy cars/trucks

Driving toy cars and trucks around on the floor in quadruped is another great way to keep kids in this position for extended periods of time.

7 || Blocks

Quadruped is a great position for play with building blocks and kids love setting up towers and then knocking them down!

8 || Coloring/drawing

In quadruped, have kids color or draw on large butcher paper or on pavement with sidewalk chalk – also great for midline crossing!

9 || Chores/jobs

Some household jobs and chores for kids can be done in a quadruped position. Try gardening (digging in dirt, pulling weeds) or washing floors!

10 || Beach play

Looking for more fun ways to play in quadruped? Go play at the beach! Build sand castles or go on a search for beach glass or pretty stones.