



## Activities for the Gym Ball



### **Pat the ball with hands -**

- Provides both tactile and proprioceptive feedback through the hands and arms.
- Develops upper body strength.

### **Kick the ball with feet-**

- Provides both tactile and proprioceptive feedback through the legs and feet.
- Develops lower body strength.

### **Knee bounce. Child kneels on ball whilst adult holds child around the torso-**

- Provides calming rhythmic movement.
- To promote kneeling balance.
- To provide proprioceptive feedback.

### **Ball Kick-**

- To increase awareness of legs and feet.
- To develop one foot standing balance.
- To promote eye-foot coordination.

### **Jelly on a plate- Singing the song 'jelly on a plate' wobble from side to side-**

- To increase core strength.
- To increase body awareness.

### **Roll backwards over the ball- Arms in the air and allowing child to roll backwards -**

- Develops gravitational security.
- Promotes body awareness.

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