

Posture Exercises

Does your little one sit with a rounded back?

Are you tired of asking them to sit up tall?

Do you wonder what you can do to help them?

Well we have answers and activities for you!

These pages will give you exercises to support your child's posture.

We have also linked to videos with QR codes



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Posture Exercises



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Flying Superhero

What this works on:

- Strengthens the upper back, trunk extensors, gluts, and shoulders

Instructions:

- Have the child lie on their stomach with their arms straight in front of them and their legs straight behind them
- Have them lift their arms, chest, and leg and pretend to fly
- Hold this and then lower down
- Repeat while making sure they maintain their form

Motivators:

- Pretend to fly like a superhero
- Take a trip in an airplane



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Flying Superhero

Make it Harder:

- Hold for a set amount of time and then try to increase that time
- Do more repetitions
- Pulses: Lift and squeeze X times
- Reach arms or legs to fight off imaginary bad guys (or grab stars)

Make it Easier:

- Lift just head while arms and legs stay on the ground
- Lift just arms or lift just legs (may even need to start with just one arm, etc)
- Lift opposite arm and leg
- Bend elbows or knees
- Give a little assistance at arms and legs



Book Balance Walk

What this works on:

- Head and neck alignment
- Posture/body awareness
- Core control and stability



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Instructions:

- Have the child stand up and place a book on their head (can also use a frisbee or something else that can be balanced)
- Walk in a straight line without the book (or other object) falling off their

Motivators:

- They are on an adventure, crossing a river and need to keep their things dry
- They are a runway model
- They are in ninja training
- They have rescued the treasure and need to get it past traps

Book Balance Walk

Make it Harder:

- Walk around obstacles
- Walk on a tape line path
- Walk backwards
- Add arm movements
- Carry a large or small object
- Squat to pick up something

Make it Easier:

- Stand still and see how long it balances
- Stand still and move just arms
- Stand still and tap toes on spots or tape x's
- Stand on a pillow



Balloon Reach

What this works on:

- Shoulder and upper back activation
- Upright back/lengthened posture
- Core control and stability

Instructions:

- Have the child stand up tall
- Have them reach their arms up towards the ceiling
- Hold a balloon or ball or other object for them to try to grab with both hands while standing up tall

Motivators:

- Make it a game and see how many items they can catch the balloon
- Place something in their hands over head and have them guess what it is
- They are in ninja training
- They are playing statues



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Balloon Reach

Make it Harder:

- Stand on tip toes while reaching
- Stand on heels while reaching
- Stand with one foot in front of the other while reaching
- Bat the balloon away with your hands over head
- Stand on a pillow
- Squat to pick up something

Make it Easier:

- Stand and lift the balloon up to the ceiling to pass to a grown up
- Sit in a chair or on the floor and try all of the variations of the activity
- Stand with their back against a wall



Turtle/Giraffe Neck

What this works on:

- Deep neck flexors and extensors
- Head and neck alignment
- Core control and stability

Instructions:

- Demonstrate sticking your chin out like a turtle and ask the child to copy
- Demonstrate tucking your chin back and making your neck tall like a giraffe and ask the child to copy

Motivators:

- Use a mirror
- Tell a story about a turtle and a giraffe
- See who can hold it the longest
- Take pictures and use filters of turtles and giraffes



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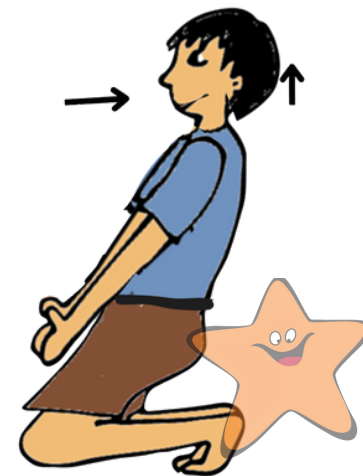
Turtle/Giraffe Neck

Make it Harder:

- Lie on their back and do the actions
- Hold a bean bag on their head
- Lie on a cushion with their head hanging off and have them lift their head to do the actions

Make it Easier:

- Guide them with your hands to help them feel the motions
- Stand or sit with their back against the wall so they feel their head moving/touching the wall
- Give them a target to get to in front for turtle and above for giraffe



Wall Angels

What this works on:

- Shoulder blade strength
- Trunk/back extension
- Posture alignment

Instructions:

- Have your child stand with their back against the wall
- Have them make their arms into the goal post shape against the wall
- Slowly slide their arms up and down the wall

Motivators:

- Pretend they are painting the wall with invisible paint
- Pretend you are playing football and they get to bring their arms down every time someone scores



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Wall Angels

Make it Harder:

- Have them hold light weights (or objects like a water bottle)
- Hold a stretchy band in their hands that stretches as they bring their arms down
- Stand on a pillow

Make it Easier:

- Have them sit, on a bench or the floor, with their back against the wall
- Have them do one arm at a time
- Decrease the range in which they move (so not as high up and not as low down)



Chair Superhero

What this works on:

- Core strength
- Balance
- Posture alignment

Instructions:

- Have your child stand on the edge of a chair or bench
- Have them hold their arms out in front like they are flying
- Lift their feet off the floor

Motivators:

- Pretend they are flying on a mission
- Play with balloons or balls to kick or hit away
- See how long they can fly for



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Chair Superhero

Make it Harder:

- Fly longer (keep increasing the time and tying it to locations)
- Add arms movements such as circles or flapping like a bird
- Add leg movements like kicking a ball away

Make it Easier:

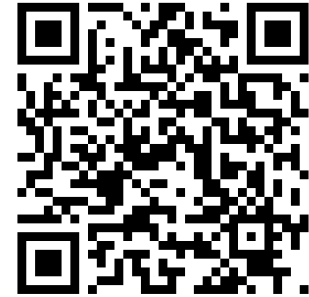
- Only lift one leg at a time
- Put hands on hips or rest on bench
- Scoot back so their back is touching the wall or back of a chair



Bug Smash

What this works on:

- Core strength
- Deep core stabilizers
- Cross body coordination



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Instructions:

- Have your child lie on their back
- Have them hold their arms and legs up in the air with their knees bent
- Lower opposite arm and leg to tap the floor and then bring them back up and repeat with the other side

Motivators:

- Pretend they are squishing invisible bugs on the floor (make a squish sound)
- Pretend they are a robot stuck on it's back
- See how many times they can do it and try to beat that number

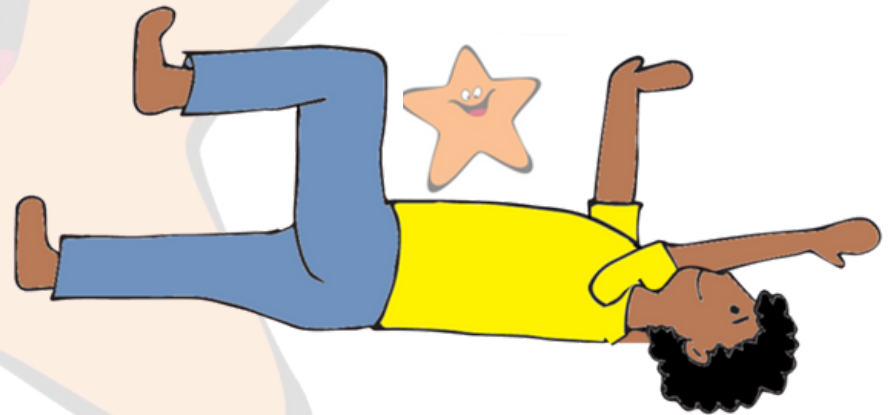
Bug Smash

Make it Harder:

- Slow down the movement
- Straighten the legs
- Hold something in each hand

Make it Easier:

- Only do arms
- Only do legs
- Do the reverse - have them start with their arms and legs on the floor and then raise opposite arm and leg up and then lower and repeat with the other side



Tree Pose

What this works on:

- Balance
- Posture and alignment
- Ankle/hip stability



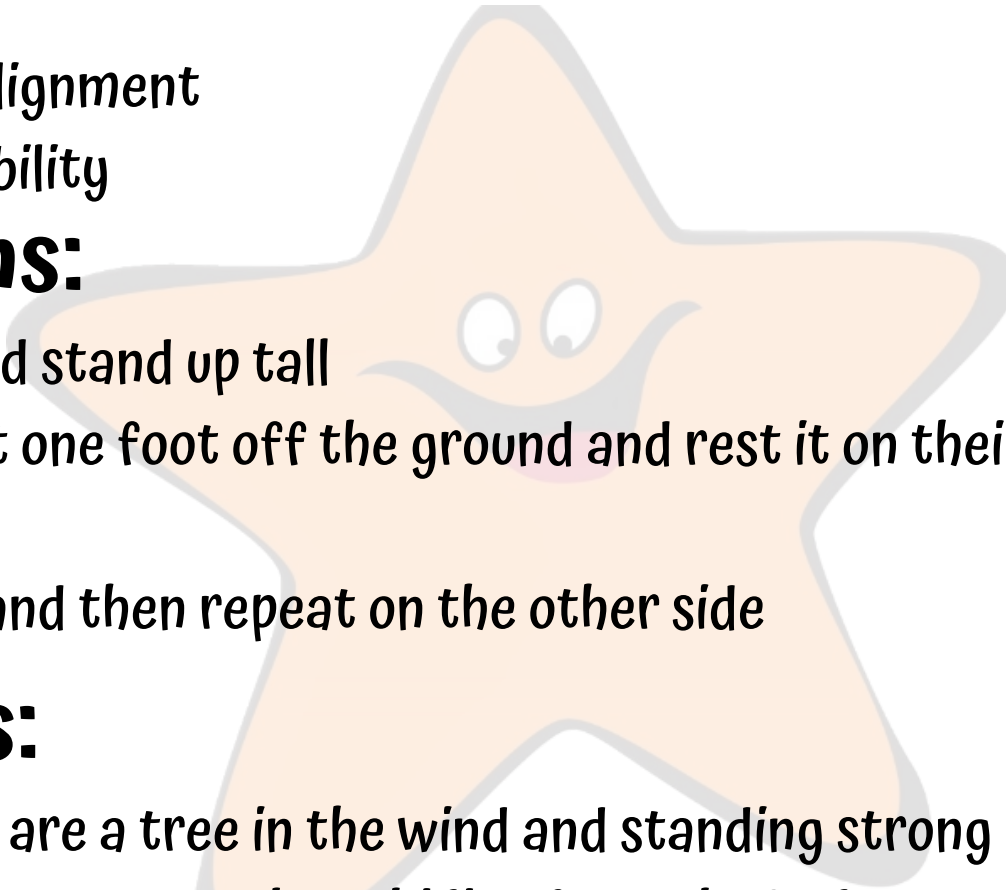
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Instructions:

- Have your child stand up tall
- Have them lift one foot off the ground and rest it on their other leg
- Hold balance and then repeat on the other side

Motivators:

- Pretend they are a tree in the wind and standing strong
- Pretend they are a superhero hiding from the bad guy
- See how long they can hold it



Tree Pose

Make it Harder:

- Close their eyes
- Raise arms or add arm movements (like branches)
- Stand on a pillow

Make it Easier:

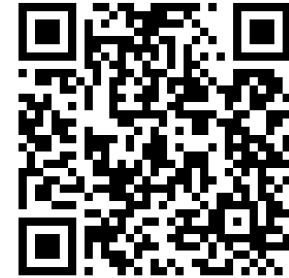
- Rest the lifted foot on the stance foot
- Rest the lifted foot on a small step or ball
- Place one hand on a wall to help maintain balance



Cat/Cow

What this works on:

- Spinal mobility and flexibility
- Core muscle activation
- Postural/body awareness



[click here](#)

Instructions:

- Have your child get on their hands and knees
- Cat pose: Arch your back like a scared cat and tuck your chin
- Cow pose: Drop your belly and lift your head and bottom
- Alternate between these positions

Motivators:

- Make animal sounds such as 'meow' and 'moo'
- Use lights to make shadows on the wall of the cat and cow position
- Take pictures to show them their cat and cow

Cat/Cow

Make it Harder:

- Close their eyes and go by body feel
- Squeeze shoulder blades together during cow
- Push into floor and open shoulder blades during cat

Make it Easier:

- Use your hands to help guide the movement
- Place your hand above their back and below their belly to help them achieve the movement
- Focus on just cat and then just cow



Animal Walks

What this works on:

- Full body strength
- Coordination
- Core and shoulder activation



[click here](#)

Instructions:

- Bear Walk - walk on hands and feet
- Crab Walk - walk on hands and feet with belly up in the air
- Inchworm - walk hands out to a plank, then walk feet to hands
- Dog Walk - crawl on hands and knees

Motivators:

- Make animal sounds for each animal
- Tell animal adventure stories
- Go on an animal obstacle course/follow a path

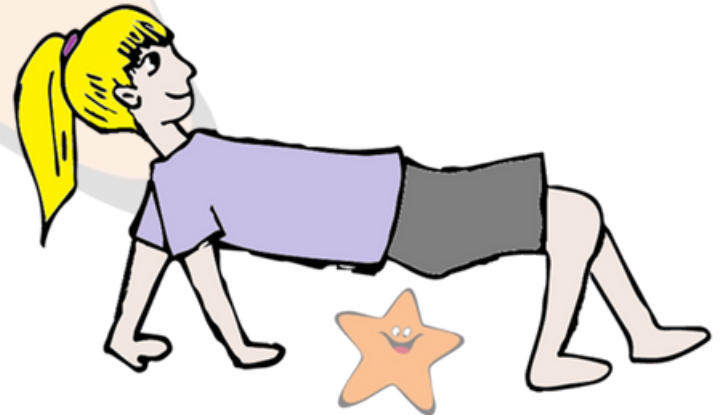
Animal Walks

Make it Harder:

- Add targets to touch
- Time for speed or go for distance
- Make it a relay race and each lap they do a different animal
- Go over an uneven surface (cushions/pillows)

Make it Easier:

- Shorten the distance/do less repetitions
- Move one arm or leg at a time
- Rest more often



Tummy Time

What this works on:

- Back extension
- Head and neck strength and control
- Shoulder and core strength



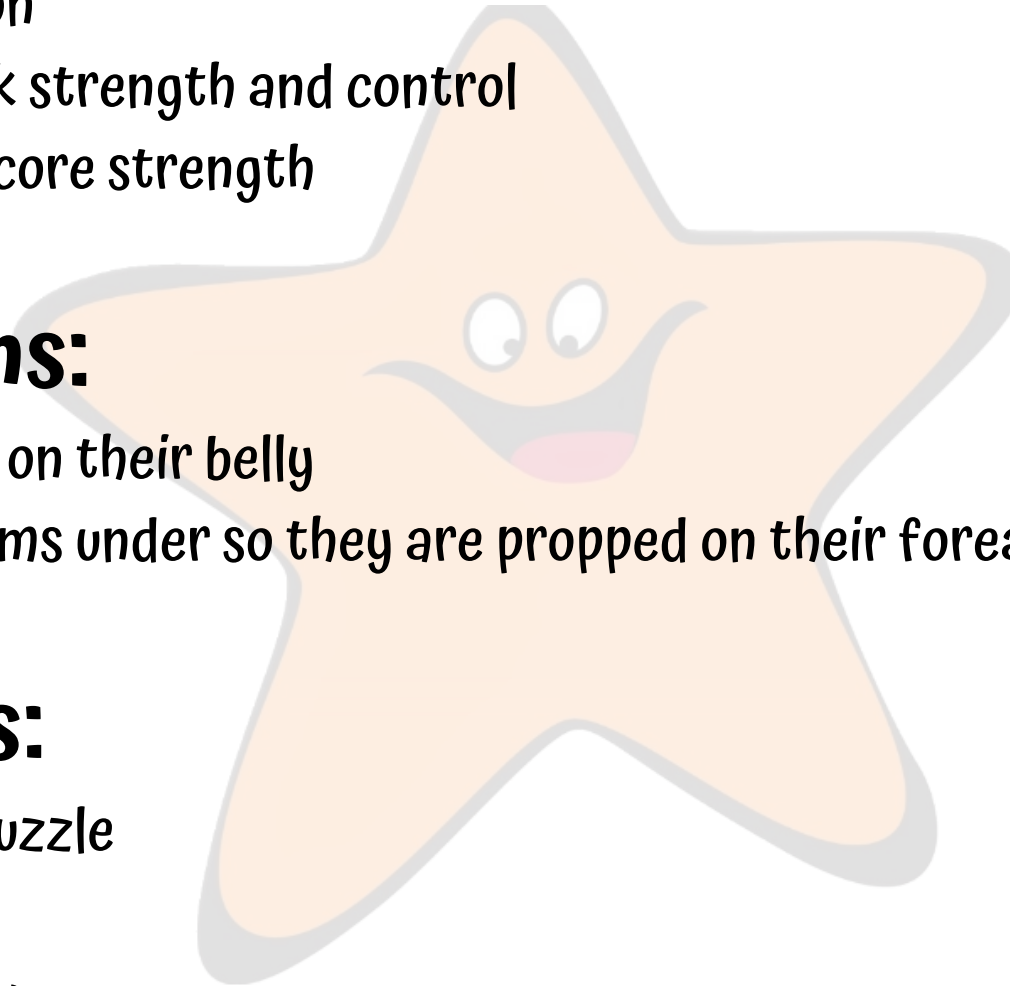
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Instructions:

- Have them lie on their belly
- Bring their arms under so they are propped on their forearms

Motivators:

- Play with a puzzle
- Read a book
- Watch a show
- Color a picture



Tummy Time

Make it Harder:

- Push up onto extended arms
- Reach forward with one arm at a time
- Lift opposite arm and leg
- Pretend they are swimming and kick their legs

Make it Easier:

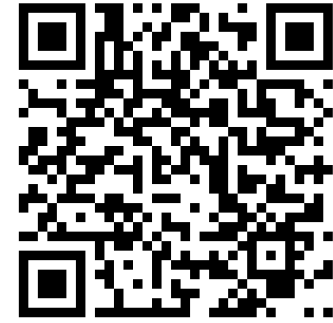
- Prop their forearms on a pillow
- Give them support at their hips to help them stabilize
- Put their body on a cushion and their arms on the floor



Mermaid (Side) Sit

What this works on:

- Core and pelvic control
- Hip flexibility
- Postural endurance



[click here](#)

Instructions:

- Have the child sit with both knees bent to one side
- Keep their body up tall and hands off the floor
- Switch sides

Motivators:

- Pretend to be a mermaid (or merman) sitting on a rock
- Use toys that require reaching (puzzle, shape sorter, blocks)
- Play a game that you can do in sitting

Mermaid (Side) Sit

Make it Harder:

- Reach across midline
- Move between sides without using hands to help
- Move arms in all directions

Make it Easier:

- Have a small bench in front of them to rest their hands on
- Let one knee rest on the other foot
- Put a small cushion under the hip/knee on the side where the knees are



Scapular Push-ups

What this works on:

- Scapular stability
- Shoulder strength
- Core engagement and postural support

Instructions:

- Have the child get on their hands and knees
- Keep their elbows straight
- Squeeze their shoulder blades together (lower chest slightly)
- Push shoulder blades apart (round upper back slightly)
- Repeat with slow controlled movements

Motivators:

- Pretend you are squishing and popping a balloon between your shoulders
- Use a mirror to watch their back 'wiggle'
- Say 'squish' and 'push' each time



[click here](#)

Scapular Push-ups

Make it Harder:

- Do the activity in a plank position
- Add something to balance on the back (don't let it fall)
- Put hands on a pillow or other squishy surface

Make it Easier:

- Lie on their back with feet on the floor and push up into someone else's hands
- Do the same activity but standing with hands on a wall
- Do the same activity on their knees but pushing into a yoga ball

