




TOWEL ACTIVITIES




Plank Slides - Place a towel on the floor. Have the child hold plank position with his feet on the towel. Show him how to bend his legs and slide his feet forward to his hands and then back into plank. Repeat.




Mountain Climbers - Have the child begin in plank position with feet on two separate small towels. Have her slide one foot forward at a time, performing a running motion and keeping hands in plank position.




Inchworms - Have the child start in plank position with feet on a towel. Have him slide his feet to meet his hands and then walk hands back out into plank position. Repeat!




Strengthening Sit Ups - Have the child lie on his back on the floor, holding a small towel with one end in each hand, arms stretched overhead. Have him roll up, reaching the towel toward his knees and then slowly roll back down to the floor.



Oblique Wake-Up Call - Have the child hold the ends of a small towel in each hand in a standing position, arms stretched overhead. Have him lean slowly from side to side, keeping the towel stretched overhead.



Assisted Sit Up - Have the child lie on her back on the floor, holding one end of a rolled towel with both hands. Sit at the child's feet, holding the other end of the towel. Have the child walk her hands up the towel to perform an assisted sit up.



Wax On, Wax Off - Have the child use a towel to wipe a table, floor, or window or try one small towel in each hand!