

Seated/Wheelchair Activities for Home

These are just a few ideas for activities for your student to participate in while they are sitting or if they use a wheelchair/transport chair. Safety is the most important part when doing activities at home! If you want more specific guidance on activities please reach out as I am more than happy to make sure that you are completing these activities safely. Some activities may be too easy or too challenging, so please make sure for the safety of your student that you are selecting appropriate activities for them to complete.

Activities	Description of Activity
<p data-bbox="203 703 422 735">Ball Activities</p> 	<p data-bbox="820 703 1388 871">Playground balls or large therapy balls are a great way to keep your student active. You can use balls for a variety of activities:</p> <ul data-bbox="868 882 1421 1176" style="list-style-type: none">- Reaching for the ball over head, out in front, side to side- Kicking the ball- Have the ball in your student's lap and help them move it to the left and to the right for shoulder movement <p data-bbox="820 1228 1396 1354">If your student has difficulties reaching with their arms or moving their legs, you can help them!</p>
<p data-bbox="203 1386 487 1417">Popping Bubbles</p> 	<p data-bbox="820 1386 1388 1512">Bubbles are a fun activity for student's of all ages. You can use bubbles for a variety of activities:</p> <ul data-bbox="868 1522 1412 1732" style="list-style-type: none">- Reaching for bubbles over head, out in front, side to side- Stomping on bubbles while seated- Kicking bubbles <p data-bbox="820 1785 1396 1869">If your student has difficulties reaching with their arms or moving</p>

	their legs, you can help them!
<p data-bbox="203 285 496 323">Bean Bag Games</p>  <p data-bbox="537 611 651 625">www.mrsjessicajones.com</p>	<p data-bbox="824 285 1403 499">Bean Bags or even stuffed animals can be used for fun activities! You can use an empty box or laundry bin and have your child throw bean bags into the container.</p> <p data-bbox="824 506 1403 590">If your student has difficulties with throwing items, you can help them!</p>
<p data-bbox="203 665 529 703">At Home Parachute</p> 	<p data-bbox="824 665 1403 1100">Parachute games are always a hit! This can be a great activity to get the whole family involved and you can use a bed sheet to make your own. You can assist your student with moving their arms up and down to make the parachute move, or if you have enough help, have your student sit under the sheet while it moves.</p>