Roller Coaster Posture

With the ESY theme being amusement parks, this is a great theme to work on posture! When riding on a roller coaster, it is important to keep an upright posture and to activate your core for safety. Below are some tips and tricks to work on posture for riding on a roller coaster and some video links of roller coaster rides you can view at home to try out your roller coaster posture!

Roller coaster posture tips & tricks:
- Keep both feet flat on the ground
- No slouching! Sit up nice and tall
- Place hands on the lap bar (place hands on side of chair)
- Keep head in a neutral position (don't look down or to the side)

How to work on roller coaster posture at home:
- Have your student sit in a chair
- Make sure their feet are flat on the ground (you can add a book or step stool if needed)
- Make sure they are looking straight ahead (put on one of the roller coaster links below on the computer/phone for them to look at)
- Have your child place their hands on the side of the chair or in their lap to mimic the lap bars.
- Have fun!!

Roller Coaster links to watch at home:
- Thunder Mountain: https://www.youtube.com/watch?v=NWis15Woin4
- Space Mountain: https://www.youtube.com/watch?v=WMMiZFPYg6M
- Slinky Dog Dash: https://www.youtube.com/watch?v=FlzHw4qWIps
- Frozen Ever After: https://www.youtube.com/watch?v=J8OHP9OriMA
- Silver Bullet: https://www.youtube.com/watch?v=zQezTcjkyNI
- Superman: https://www.youtube.com/watch?v=45qC6sITVCA