

## Favorite ABLE Bodies Activities

### Flexibility

Carry the Baby	Stretches sides of Body
Farmers Stretch	Stretches hip flexors, chest, and shoulders
Sun Bursts	Stretches chest, and shoulders
Cops n Robbers	Stretches chest, and shoulders
Gentlemen's Bow	Stretches backs of legs; seated or standing version
Chin dips, tilts and head rolls	Stretches neck

### Posture & Core

Purse Snatcher	Builds core strength using a bit of Pilates, with a fun story
Buddha's Prayer	Good for mid-back rounding

### Strength & Endurance

Teeter Totter Chair Stands	Help for getting out of chairs.
Flag Salutes /Chair Push Ups	Targets triceps helping a person rise from a chair
Heel Raises	Strengthen lower legs; standing version is balance practice too
Side Stepping	Strengthen hips; can be done seated, standing or moving
The Up and Up	Strengthens Back, facilitates better posture
Trip to Africa	Builds endurance with connected activities and a fun adventure

### Balance

Step and Stop	Builds skill for more successful weight transitions
Over the Moon	Wonderful, feel-good back stretch done over stability ball
Rock and Walk	Have fun and see how music helps us move
Walk the Line targets	Line challenges that integrate posture, core stability and visual

### Conceptual

Venus Di Milo	Flexibility makes a difference in everyday reaching
Supple Spine	Flexibility and function
Torso as Cylinder	Core stability is part of our architecture
Posture Affects Function	Posture affects breathing and even quickness
The Ball Game closed	somatic learning - Learn something about Balance with your eyes