

# Five "In-Sync Child" Activities

## Movement Experiences that Last a Lifetime

Carol Stock Kranowitz, MA  
Joye Newman, MA

[www.insyncchild.com](http://www.insyncchild.com)

# Levitation

## What You Need

A chair

## What You Do

1. Have your child sit in a chair and place her hands on the edges.
2. Say, "Push downward with your hands and lift your bottom off the seat. Great! Come down slowly. Do it again, a few more times."
3. Say, "You are so strong! You are defying gravity!"

## Helps Your Child Develop and Enhance...

- Balance (for riding a scooter)
- Bilateral coordination (for jumping rope)
- Proprioception (for climbing a tree)

## What to Look for

- Your child has sufficient upper-body strength to raise her body from the chair.
- She pushes herself straight up, rather than forward.
- She lowers her body slowly to the seat.

## Ways to Make It More Challenging

- Have her "levitate" in different chairs.
- Have her levitate her body and hold it in midair for a count of three.
- Have her do 10 levitations.

pp. 25-26. *In-Sync Activity Card Book*



In-Sync Child

[www.insyncchild.com](http://www.insyncchild.com)



# Where Am I?

## What You Need

A large box, big enough to hide your child

## What You Do

1. Say, "Can you hide inside this box? Make sure of you is hidden."
2. Say, "Can you put two hands outside the box? Nothing else, just your two hands."
3. Ask your child to put only the following body parts outside the box:
 

|          |                                 |
|----------|---------------------------------|
| ▪ Head   | ▪ Knees                         |
| ▪ Elbows | ▪ Feet and head (nothing else!) |

## Helps Your Child Develop and Enhance...

- Body awareness (for playing "Simon Says")
- Motor planning (for playing dodgeball)
- Spatial awareness (for playing hide-and-seek)

## What to Look for

- He knows the body part(s) requested.
- He maneuvers his body to show just the part(s) requested while keeping everything else hidden.

## Ways to Make It More Challenging

- Use more complex parts or combinations of body parts, such as:
  - One foot and one hand
  - Both elbows and one foot
  - Tummy
  - Tongue
- Reverse the directions and have your child put his body part(s) into the box while he is outside the box.

*pp. 81-82 In-Sync Activity Card Book*

## Easy Peasy



### What You Need

Space to move around in

### What You Do

1. Say, "Let's close our eyes and use our ears to find each other." If your child has difficulty keeping her eyes closed, have her use a face mask as a blindfold.
2. Say, "You say, 'Easy', and I'll answer, 'Peasy', and we'll keep saying that until we find each other."
3. Find each other and share a tight hug.

### Helps Your Child Develop and Enhance ...

- \* Vestibular processing
- \* Auditory discrimination
- \* Directionality

### Ways to Make It More Challenging

- \* Whisper so your child must pay attention to the location of your voice.
- \* After saying, "Peasy," move aside so your body is not where the child expects it to be.
- \* Move in different ways, such as by creeping or rolling toward each other.
- \* Add another player.

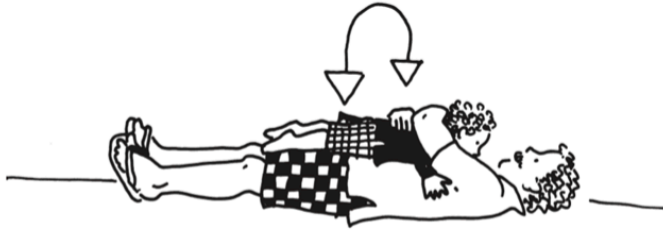
### What to Look For

- \* Your child can locate the source of sound.
- \* Your child can balance and move around without being dependent on vision.



In-Sync Child

## HUG ROLL



Rolling is one of the best activities for getting in touch with your own body. This rolling activity is interactive, as it requires a second roller. We suggest this on-the-spot remedy whether your child needs to rev up, stay tuned, or calm down.

### Helps Your Child Develop and Enhance . . .

- Balance (for walking and climbing stairs)
- Motor planning (for crawling)
- Proprioception (for pushing open and holding a heavy door)
- Vestibular processing (for enjoying a merry-go-round)

### What You Need

- Plenty of cushioned space on which to roll around together, such as a large gym mat, soft carpet, or mattress

### What You Do

1. Lie on your back on the mat, or the floor, or the bed.
2. Say, "Chip, can you lie on me so that your tummy is touching my tummy?"
3. Say, "Now hug me tight," as you envelop Chip in a big bear hug.
4. Slowly roll over and over in a log roll, holding on to Chip so that he rolls with you. Be sure that his head is protected so that he never hyperextends his neck.
5. Be sure to roll in both directions.

### Ways to Make It More Challenging

- Roll up an incline.
- Roll across a partially filled air mattress.

### What to Look For

- Chip stays within your embrace throughout the roll.
- He tolerates the rolling motion.

*pp. 76-77. Growing an In-Sync Child*



In-Sync Child

[www.insyncchild.com](http://www.insyncchild.com)



## People Obstacle Course

### What You Need

Five or six family members and friends

### What You Do

1. Say, "Put my body into a position where you can go over me. That's right. Now, go over me."
2. Say, "Now, position me so you can go under me."
3. Continue having your child position other people into obstacles, using various prepositions such as:
  - Under
  - Between
  - Around
  - Into and out of

4. Say, "Now, let's put all the people obstacles together. Remember that I'm 'Over,' Grandma is 'Around,'" and so on.
5. Have your child go through the obstacle course he built.

### Helps Your Child Develop and Enhance...

- Directionality (for handwriting and math)
- Motor planning (for getting things into and out of a backpack)
- Proprioception (for pushing and holding open a heavy door)
- Spatial awareness (for judging distances on paper)

### Ways to Make It More Challenging

Ask your child to go through the obstacle course:

- Backward
- Sideways
- Quietly
- Loudly

### What to Look for

- He understands prepositional concepts.
- He demonstrates his intention when positioning people.

pp. 69-70. *In-Sync Activity Card Book*



In-Sync Child

[www.insyncchild.com](http://www.insyncchild.com)



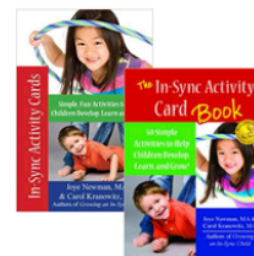
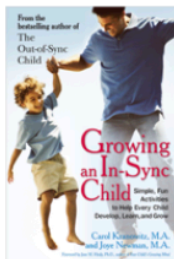
# The In-Sync Child Method

Publications:

"Growing an In-Sync Child"

"The In-Sync Activity Cards/Book"

"A Year of Mini-Moves for the In-Sync Child"



10 webinars



In-Sync Child

Keep in touch....

[www.insyncchild.com](http://www.insyncchild.com)

Facebook: "Growing an In-Sync Child"



In-Sync Child