


Activity	Blanket Rides
Materials	A Blanket, an open area
Skills Targeted	Core strength and balance
Instructions	<ol style="list-style-type: none"> 1. Have your child sit on one end of the blanket. In a safe place (i.e. no sharp corners, no hard floors, etc.) 2. Pick up the other end of the blanket and pull them around giving them a ride slowly. As their body responds to moving in different directions it will work their muscles to improve their core strength and their balance. 
Modifications	<ul style="list-style-type: none"> • If your child needs more support, place them in a laundry basket, if needed you can add blankets or pillows for more support. Pull/push them around to give them a ride.