




## Physiotherapy activity cards: Physio can be Fun!

- Cut the exercises into individual cards.
- Discuss with your physiotherapist how many of each exercise you should do; or how long to set on your timer.
- Choose airway clearance options and different fun exercise options for each session.
- Your child can select one card at a time until that day's cards are finished.
- Be SAFE: Some of these activities are very vigorous, and need parent care.

### For the very young... you do the movement, your child responds

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| <p style="text-align: center;"><b>Tickles &amp; giggles</b><br/>Laughing is good for your lungs!</p>  | <p style="text-align: center;"><b>“Head &amp; shoulders, knees &amp; toes”</b><br/>Move &amp; sing with body awareness songs</p>  | <p style="text-align: center;"><b>Move those limbs!</b><br/>Do big arm and leg moves at happy changes</p>  |
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### Images – clip art, google images, CHQ.

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| <p style="text-align: center;"><b>Sing and swing!</b><br/>Swing in the air for big breaths and airflow</p>  | <p style="text-align: center;"><b>Hide &amp; Seek!</b><br/>Help your child get used to active fun</p>  | <p style="text-align: center;"><b>Positions &amp; Percussion</b><br/>Pat on the back, child leans forward or over your shoulder</p>  |
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| <p style="text-align: center;"><b>Positions &amp; Percussion</b><br/>Back-pats, child lying on tummy</p>  | <p style="text-align: center;"><b>Positions &amp; Percussion</b><br/>Pat near the armpit, child lying on left side</p>  | <p style="text-align: center;"><b>Positions &amp; Percussion</b><br/>Pat near the armpit, child lying on right side</p>  |
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### Images – clip art, google images, CHQ.

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| <p style="text-align: center;"><b>Positions &amp; Percussion</b><br/>Pat on upper front of chest, child reclined</p>  | <p style="text-align: center;"><b>Flying!</b><br/>Fun and air-flow Changes</p>  | <p style="text-align: center;"><b>Strong baby!</b><br/>Games to get strong before they crawl or walk</p>  |
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### Images – clip art, google images, CHQ.

### Baby on the ball

You can use a therapy ball in many ways



### Peek a boo

Laughing is good for your lungs!



### Roll & Reach

Have interesting things out of reach to practice rolling



## For kids on the move! Toddler to prep

Acceleration activities are still useful; Imitation and competition become great motivators. Blowing games and huffing can start from 2-3 years

### Terrific Tumbles

Tumbling and rolling games help development



### Hospital games

Desensitize your child so that clinic visits aren't scary



### Toy relay

Run the toys from one basket to another- only one at a time!



## Images – clip art, google images

### Crawl and capture!

Things out of reach are a great incentive for movement fun



### Obstacle course

Use household things for an obstacle course



### Play wrestling

Gentle wrestling is fun and healthy



## Images – clip art, google images

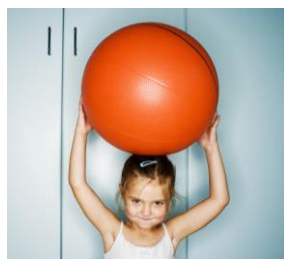
### Bat the balloons

Even a toddler can bat a balloon- only inflate it lightly so it won't pop!



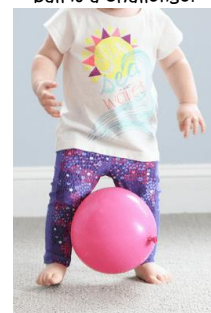
### Ball balancer

Use a ball or other object and count out loud



### Balloon challenge

Walking with a soft balloon or squishy ball is a challenge!



## Images – clip art, google images



### Climb & jump

Indoors or outdoors active fun



### "Simon says"

Stretch and strengthen



### Baby gymnastics

Tumbles and fun on the floor



Images – clip art, google images

### Aeroplanes

Hold your child carefully and do quick rolls forward & back– "in for a landing" or arms out long for cruising



### Frog jumps

Strong bodies get strong lungs!



### Water safety

Start early with water safety



Images – clip art, google images

**Flying Fun!** It's all about movement and changes in breathing



### Fly High!

Acceleration!



### Outdoors time

Running and chasing are great



Images – clip art, google images

### FLY a Kite

Outdoor games promote healthy exercise



### "I Spy"

Use "I spy" for a quick break in between activities or airway clearance therapy



### Walking Wheelbarrow!

This helps get strong arms and trunk



Images – clip art, google images

### Running to the Corner

Use action songs to keep it moving



### Play in the Park

Use the equipment appropriate to your child's age



### Super swinger

Fun & good exercise- Ticks the boxes!



Images – clip art, google images

## Blowing games – foundations for breathing exercises

Blowing games are a fun way to introduce the basics of future breathing exercises. Mastering awareness of breathing (fast, slow, soft, in, out etc), deep breaths, breath holds, and forced breaths are the building blocks for breathing exercises used in airway clearance techniques.

### Blowing Games

Bubbles are a winner- popping and chasing even before s/he can blow them



### Blowing Games

Windmills are easy to activate



### Blowing games

Any party blowers can be fun (and there is a way to stop the noise!)



Images – clip art, google images

### Bubble Battle

How many bubbles can you pop?



### Beginner Bubbles

Watching will make doing easier



### Balloon Blower

Practice makes perfect!



Images – clip art, google images

### Big kid bubbling

When there is no risk of sucking instead of blowing, you can add detergent + food colour



### Bubbles

An adult should hold the liquid if you want to avoid spills!



### Breath control

Blow it out without making a sound, and keep it out for as long as you can



Images – clip art, google images

### Beautiful Bubbles

When they learn to blow bubbles it is fun!



### How long can you blow out?

Count or use the ABC as a challenge



### Soft, Long Whistles

Breath Control comes with concepts such as soft / hard / fast / etc



Images – clip art, google images

### Blowing Games

Use light material, a scarf, a feather or leaf on a string



### Fog the mirror

Learn forced expiration by fogging the mirror



### Dragon breaths and Rocket huffs

Use a tube to keep the throat open



## Outdoors activities

Use the blank cards for your own favourites

### Super Swinger



### Tyre Power



### Hula hoop

Young kids can learn to jump in & out of hoop before they can do the hula!



Images – clip art, google images

### Get on your bike!



### Super strong stretch

Kids love to imitate & show off!



### Backyard fun

Plenty of ways to exercise safely



Images – clip art, google images

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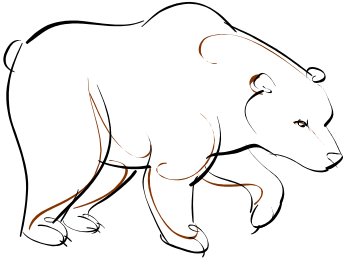


## Animal moves – “Zookeeper says”

Take turns in being the animal on the card you get. Sound effects and songs are good too!

**Zookeeper says...**

Be a bear – sing “I know a hairy bear...” song



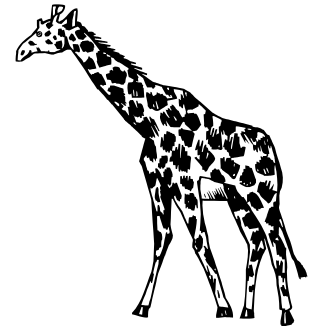
**Zookeeper says...**

Creep like a crocodile



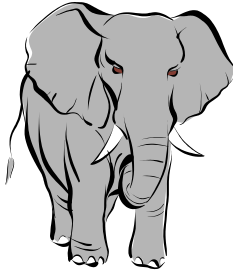
**Zookeeper says...**

Stretch your neck like a tall giraffe, walk across the room on hands and feet.



Images – clip art, google images

**Zookeeper says...** Stomp like an elephant and swing your trunk



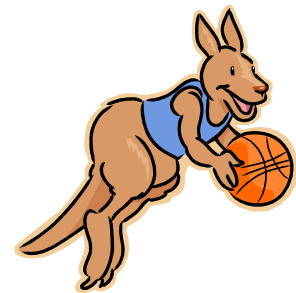
**Zookeeper says...**

Stork stands still... 10 seconds each leg



**Zookeeper says...**

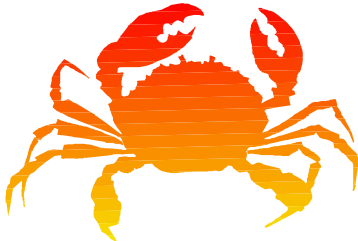
Jump like a kangaroo



Images – clip art, google images

**Zookeeper says...**

Crab walks are hard!



**Zookeeper says...**

Flap your your wings and fly across the room



**Zookeeper says...**

Pretend you are a monkey, swing from tree to tree



Images – clip art, google images

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