

Cardboard Boxes Make Great Toys And Develop Strong Core Muscles!

Save large boxes for your child to play with. Cut holes in the sides for windows and doors. They'll love crawling in and out of the boxes and it's a great place to play hide and seek.



Think of all the structures your child can build using large cardboard boxes. Build towers and knock them down. Build towers and tunnels to climb under and through. Add a blanket or sheet for a magical fort. Paint them or decorate them or leave them plain.



Let your imagination go wild. Cube games, ball or paper ball toss. Put on your feet and be a creature, line them up and step in each one.



Enjoy your summer with these activities. From your NIS physical therapists!