

## WAYS TO INCORPORATE STRENGTHENING INTO PLAY!

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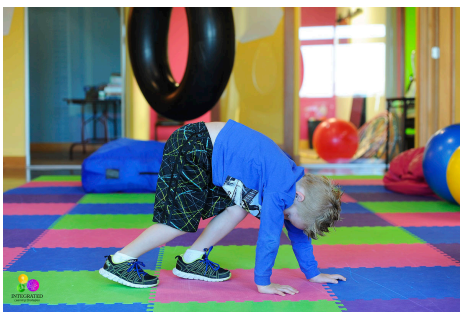
### Tall Knee Standing/Walking:



### Laying on Belly (Prone) on the floor /Over a Ball:



### Bear Crawl/Crawl on Hands and Knees:



### Wheelbarrow Walking:

Child can be supported at the core, hips, upper leg, lower leg, or ankle.



\*All photos found through Google Image search