



We hope you are all staying well. We wanted to send an activity sheet with websites and ideas you may find helpful to keep you active and healthy. As with any activity program, it will require some judgement to determine which of the activities are appropriate for your child, and we are here to help with that! See our contact information below.

[This handout](#) has lots of activities for children! Core strength, stretching, balance activities, outdoor play and more!

This site has some great movement activities for kids: [Go Noodle](#)

The Inspired Treehouse website offers ideas for core strengthening for kids: [Inspired Treehouse](#)

This is a great site for stretching activities that you can do with your child: [Fun and Simple Stretches](#)

Ellen, PT eryan@sst14.org 513 460-5824	Melissa, PTA madams@sst14.org 937 217-1131	Tracy, PT tames@sst14.org 937 725-2599	Kathy, PT ktolle@sst14.org 937 205-8587	Mike, PT mboone@sst14.org 937 763-5466
---	--	---	---	--

