

Symmetrical Tonic Neck (STNR)		
Skills Impacted:	Activities:	Instructions/Video Reference:
<ul style="list-style-type: none"> • Hand-eye coordination • Copying from the board • Sitting still • Falling out of his/her chair • Balance • Ball Skills • Poor ocular-postural skills 	Stretching cat	https://www.youtube.com/watch?v=AmdfmYEE0zk
	Cat Cross Crawls	https://www.youtube.com/watch?v=nhdUA9dJB04
	Frozen Cat	https://www.youtube.com/watch?v=zxOgnX2UOPs

Moro Reflex		
Skills Impacted:	Activities:	Instructions/Video Reference:
<ul style="list-style-type: none"> • Sensory defensiveness • Gravitational insecurity • Poor ocular-postural skills • Decreased self-regulation • Difficulty recovering from emotional dysregulation 	Starfish	<p>With Pillows: https://www.youtube.com/watch?v=K6k0FKrbRhg</p> <p>On Ball: https://www.youtube.com/watch?v=zsMEdsD_A_g</p>
	Bridges	<ol style="list-style-type: none"> 1. Begin lying on your back with your knees bent, feet flat on the floor 2. Press your palms together at your chest 3. Press down through your feet and lift your hips off the ground as high as possible to form a “bridge” and hold for 10 seconds before returning to the ground 4. Remember to maintain slow, steady breathing
	Ball Drop	<ol style="list-style-type: none"> 1. Begin with child lying on their back with arms and legs extended out 2. An adult stands near the child, holding a ball over them at about shoulder height 3. On the count of three, drop the ball. The child should try to catch the ball with both their arms and legs, curling their body around it 4. Encourage the child to take a deep breath while squeezing the ball tight before returning it to the start position 5. Make this trickier by not giving a count/other warning before dropping the ball, dropping it from a higher height, or making the drops a surprise