

# Core for Kids



## Youtube link:

<https://www.youtube.com/channel/UCSyBXhY1IDm3Q5b-eiV4qvA>

## Some Things To Try....

There are a lot of great ways to work core muscles for kids - including somersaults, hanging upside down and rolling down grassy hills but here are a few more.

- Sitting up nice and tall in a chair, pick up balled up socks between both feet, lift them up and then drop them in a laundry hamper.
- Lying down on your back, place socks overhead, and the basket down by your feet. Grab a ball of socks with both hands, lift them up high (doing a partial sit up) then bring both feet up to meet both hands - exchange the socks so they are now held by the feet, then use feet to drop them in the basket.
- Lying on your back, place socks by your feet and basket overhead. Pick up socks using both feet then roll your legs up and overhead to drop socks into basket.
- Lying on your back, lift your bottom to make a bridge. Put one pair of socks on your tummy at a time- alternate dropping one pair to the right then one to the left.
- Lying on your tummy, arms bent so elbows are under your shoulders, push up into a plank. Have a partner place socks on your back- alternate dropping them off either side by tipping your body.

## ...Here Is Why

The "core" includes all the muscles that stabilize, align and move the trunk.

Poor core strength can cause poor posture and lead to decreased ability to focus while sitting.

Building a strong core is like building a strong foundation for you house.

Try to do 10 repetitions or see how many you can do in a minute!

