Motor Skills Resource Sheets
Early Years Support & Assessment Team (EYSAT)

Activities to support the development of trunk stability

Trunk strength and stability is needed to support posture against gravity, to maintain balance and create a strong base so that the arms and legs can move with strength and power. Trunk stability is necessary to enable us to sit and perform tasks with our hands.

Activities that support the development of trunk stability will help to strengthen muscles through weight bearing, pushing and pulling and working against resistance e.g. carrying heavy objects (within safe limits for body size), pushing wheelbarrows and buggies, rolling dough, tug of war, wall push ups, crawling through obstacle courses, jumping on a trampoline, sweeping, raking and digging.

Children can benefit from doing a variety of activities in different positions. Choose different positions when playing board games etc. on the floor. Try kneeling, side sitting or sitting with crossed legs. Sit on a therapy or peanut ball to play catch games or do table top activities.

Prone activities
Lying on the front to play. You can use a rolled towel to help positioning. The child supports weight on arms and needs to lift head when playing.

Use a variety of toys on the floor such as puzzles, matching games, small world, pop up toys, posting games and books.

Encourage the child to use straight arms by putting objects in front so that he has to stretch for them.

Use a selection of objects and play a listening game asking the child to reach for the appropriate toy. A group of children can play sound lotto in this position.

Play skittles in this position. Use a big ball to ensure success. Put pictures on the skittles to give specific things to aim for.

Sitting activities
Matching games, puzzles, drawing, play dough, sorting activities.

Do these activities sitting on the floor. Place the equipment at the side of the child.

Play a "Ready steady go" rolling game with another person.