

Ideas for using a Swiss ball

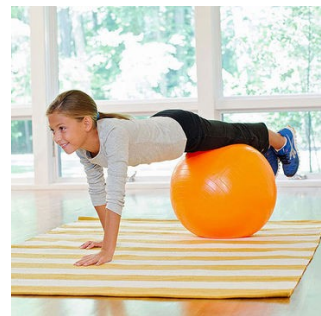
Sit on the ball and bounce for a few minutes



Stand and holding the ball between your hands, raise your arms above your head then down to the floor 10 times



Lay with tummy on ball and roll side to side



Lay with tummy on ball and roll front to back or do
A puzzle/fill a money box/read a book

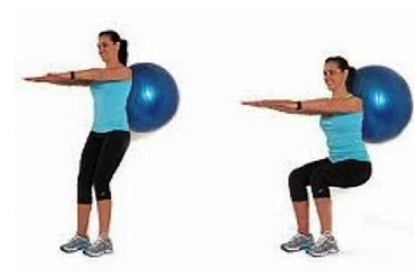
Lay with tummy on the ball and bounce

Squash the ball against the wall with your chest
or arms



Squash the ball against the wall with your back

Give yourself a massage with the ball by rubbing
against it with your back



With a partner stand back to back with the ball be-
tween you and move around

Stand in front of your partner, reach up with the ball and pass
it over your shoulders to your partner who will touch the floor
with it and pass it to you over his shoulders as you run round
to behind him.

Lay face down on the floor while one of your parents rolls the
ball up and down your body like a massage.