



CELEBRATE THE
WINTER OLYMPICS
WITH US!

The Winter Olympics are on, and they're a great excuse to get moving together at home!

While we cheer on our Olympic champions, why not try one of our quick movement challenges inspired by Winter Olympic sports! They're designed by our Occupational Therapists to support everyday skills children use for learning, self-care, and play!

We have recently launched lots of wonderful new services!
Find out all about how we can best support your child!

www.motivatekids.com.au



Wish you could snowboard in summer? Turns out... you can!

This activity helps with:

Balance • Core strength • Body awareness • Doing two things at once

Try this at home: Living Room Snowboarding:

- Have your child stand on a cushion or pillow (or sit on a yoga ball)
- Gently throw soft toys or beanbags for them to catch
- Start slow and close, then change direction
- Encourage staying steady while catching

Wondering what curling and buttering your toast have in common?

Turns out...alot! Both rely on using two hands together and controlling force. This helps with: Two-handed coordination • Force control • Focus



Try this at home: Living Room Curling:

- Tape a target on the floor or place a basket at one end
- From a start line, gently slide a pair of socks toward the target
- Take turns trying to get closest
- Change how hard or soft you push each time



What do ice hockey and setting the table have in common?

Planning, sequencing, and spatial awareness. This helps with: Planning movements • Body awareness • Coordination

Try this at home: Floor Hockey:

- Use a pool noodle or broom as a stick
- Use rolled-up socks as the puck
- Tap the puck around pillows or into simple goals
- Call out targets around the room to aim for



Want to see all of these in action?

Follow us on social media during the Winter Olympics to watch our OTs try these challenges and share more movement ideas you can use at home.

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