

Core strength postures

This posture below is called the “**dead ant**”. Ensure your child keeps their head off the floor. Some children roll to side, hold their breath, or just fatigue within 6-7 seconds. Ideally through practice they can maintain this position with ease for about 20 sec.



This posture below is called the **superman posture**. Ensure your child keeps arms and head off the floor. A lot of children find their legs bend upward in this pose rather than being straight with pointy toes. Once they can straighten their legs, focus on building up the length of time they can hold it for (ideally up to 20 seconds)



Short repetitive practice is good for building endurance. By building core strength, your child will be able to tolerate activities for longer without fatiguing and also become more efficient in the use of their muscles, so ultimately they become more productive in the classroom.