



Month 3: Upper Extremity Strength and Stability Equipment

Balls of various sizes

Beach ball

Blanket or sheet

Cardboard box

Fabric or scarf

Golf ball

Paint

Paint brushes of various sizes

Paper

Paper towel or wrapping paper roll

Plastic bowling pins (or empty cardboard boxes)

Playground Equipment

Parachute

Therapy/Yoga/Exercise Ball

Toilet plungers

Scooter board

Small cards with letters, colours, or shapes

Stairs

String

Styrofoam peanuts