

Sitting on the Mat

TIP #1

Do movement activities before and/ or during mat time. Try action songs, animal walks and clapping games.

TIP #2

Help the child know where to sit by using a carpet square, dot, cushion or similar.

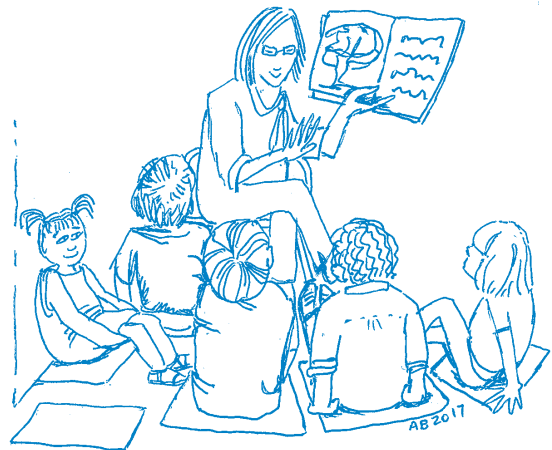
TIP #3

Have the child join in with mat time for as long as they can, then gradually increase the time. Try using a timer to indicate how long they need to sit.

TIP #4

Consider the child's position:

- At the front for listening and focus
- At the back for the child who dislikes being touched
- Leaning against a wall for those who have trouble sitting upright.



Who can help? Where? When?

.....

.....

.....

.....

My Tips

.....

.....

.....

.....

Disclaimer

Please note that the information on this handout:

- has been prepared by Developmental Occupational Therapy (WA) Inc., known as DOT (WA) Inc. in good faith as general advice which may not be specific to all children's needs. Accordingly, DOT (WA) Inc. and its officers, employees and agents accept no liability for any injury, loss or damage which may arise directly or indirectly from information on this handout;
- is general in nature and is not professional advice relating to a child's specific circumstances. If in doubt, seek professional advice; and
- children must always be properly supervised while undertaking any activity including those described in this handout. Failure to do so could result in injury or worse.