

ROCKING BOAT

PURPOSE: To provide an opportunity to explore interweaving control around midline and from head to foot

APPARATUS: A 2' x 4' x 3/16" piece of tempered Masonite, two 4' lengths of heavy nylon cord, and four large washers. Drill four holes about 3" in from each corner. Bow the Masonite lengthwise to about three feet so that the nylon cord can be threaded through and knotted. The washers are to serve as support between knot and the Masonite.

DIAGRAM:



METHOD:

1. Child may lie lengthwise on his back, holding on to the nylon cords. Rock back and forth--head up and feet down, feet up and head down.
2. Child may sit crosswise holding on to the ends. Rock sideways right to left to right. Be careful not to pinch fingers between floor and Masonite.
3. Have child learn to walk slowly, lengthwise across the rocking boat. Feel the effect upon his balance. Now walk backwards.
4. Have child stand in center of rocking boat with feet close together, so that he can rock the boat to the right and left. As his confidence develops have him spread feet further apart and rock the boat. Repeat, facing one end of the rocking boat, and rock fore and aft. Move one foot forward and the other foot further back and rock the boat.
5. Have child place his feet against opposite corners and the nylon cord at one end. Support him at his waist as he leans forward to place his hands on the opposite end of the boat. His body should be arched over the boat. Help him to balance himself in this posture while he rocks the boat. Have him try this by himself and roll off the other end, head and hands first.
6. Turn rocking boat upside down, and have him crawl under it. Then crawl around with it like a turtle in a shell, or a tank.
7. Place the rocking boat on its side, in or near a corner of a room. It can become a fort, a house, a store or private place for imaginative play.

ASPECTS TO BE EMPHASIZED:

1. The rocking boat may be used in conjunction with other more visually oriented activities, or as recommended by your optometrist. It is desirable to engage the child in some visual task, or at least in conversation about his feelings and experiences on the rocking boat, while he manipulates it.
2. When using the rocking boat as a turtle or tank, the child should become aware of his added dimensions in making predictions of the space he will require.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____