



YOUTUBE FREEBIE

10 Fun Sensory Scooter Board Activities

A scooter board is a versatile item that children of all ages can use!
Try these with your child and be sure to try them yourself!

1 3 PERSON SLINGSHOT

This one requires 3 people - 2 people to hold a rope (or a rope-like item) and the third person to lay on the scooter board. Laying on their stomach, the third person uses both hands to hold the rope and "push" and "pull" themselves - "slingshotting" themselves forwards and backwards. Make sure all 3 people get to take turns!

2 PRONE ROPE PULLING

Prone = laying on stomach.

Laying in prone on the scooter board, have your child use a rope to pull themselves forward.

3 SUPINE ROPE PULLING

Supine = laying on back.

Laying in supine on the scooter board, have your child use a rope to pull themselves forward, making sure to flex their neck to keep their head off the ground.

4 SUPINE WALL PUSH

Laying in supine on the scooter board, have your child use their feet to push themselves across the room - making sure there is enough open space (be sure to have your child flex their neck to keep their head off the ground).

5 PRONE FLY SWATTER GAME

Place targets on the floor (pictures, letters, etc.) and give your child a flyswatter. While laying in prone on the scooter board, your child will "swat" the targets. Call out specific targets or have them follow a specific sequence.

6 SUPINE TOY GATHERING

Place toys / bean bags on the floor. While laying supine on the scooter board, and keeping their neck flexed so their head is off the ground, have your child move around the room and gather the items.

7**BALLOON VOLLEYBALL**

While sitting on the scooter board, play balloon volleyball - don't let the balloon touch the ground!

8**BEAR WALK ON SCOOTER**

Have your child place their hands on the scooter board and move around the room in a "bear walk" position - using feet and keeping bottom in the air.

9**AB ROLLER**

Have your child place their hands on the scooter board and their knees on the ground. Slowly push the scooter board out, keeping their body in a straight line, then pull it back.

10**TALL KNEEL ROPE PULL**

While in a tall kneel on the scooter board, have your child pull themselves forward using a rope.

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