

Physical Therapeutics

Activity Answer Key

Answer Key for Parents

These activities help children notice how their body feels and moves. There are no right or wrong answers—the goal is awareness.

Activity 1: Shoe Space Test (Toe Wiggle Game)

What children may notice:

With shoes on

- Toes feel tight or squished (if shoes are too small or narrow)
- Toes may not move very much
- Foot may feel stiff or uncomfortable

With shoes off

- Toes can spread out more
- Toes move more easily
- Feet feel more relaxed

What this means:

Toes need space to move. Shoes that are too tight can change how the feet feel and move.

Key idea:

Good shoe fit allows toes to move freely and comfortably.

Activity 2: Balance Like a Flamingo (Stability Game)

What children may notice:

- It may feel easy at first, then harder over time
- One side may feel easier to balance on than the other
- Arms help with balance
- Closing eyes makes balancing much harder
- Turning the head or reaching can make balance more challenging

What this means:

The body uses muscles, joints, and the nervous system to stay balanced.

Key idea:

Balance requires stability and control, and it improves with practice.

Big Idea Connecting Both Activities

The body responds to what we do.

Feeling → Awareness → Better movement choices

These activities help children start noticing how their body works so they can take care of it.

Pre-assessment Quiz: Physical Therapeutics

1. What is physical therapeutics?

A. Only using medicine

B. Using things like movement, touch, light, and sound to help the body

C. Only exercising hard

D. Not moving at all

2. Your body is always getting messages from:

A. Only food

B. Only sleep

C. Touch, movement, light, and sound

D. Only exercise

3. What does body awareness mean?

A. Ignoring your body

B. Noticing how your body feels and moves

C. Only thinking about sports

D. Only stretching

4. What helps your body stay balanced and move well?

A. Your brain and body working together

B. Only your muscles

C. Only your bones

D. Only your heart

5. What is something that can help tight muscles feel better?

A. Sitting all day

B. Playing video games

C. Stretching or gentle massage

D. Doing nothing

6. What is the first step of good walking?

A. Jump forward

B. Stand tall and look forward

C. Walk on your toes

D. Swing your arms fast

7. What does mobility mean?

A. How fast you run

B. How strong you are

C. How freely a joint moves

D. How tall you are

8. When should you use heat?

A. When muscles feel tight or stiff

B. When you have a new injury

C. When you are sleeping

D. When you are running

9. What do screens (blue light) do to your brain?

A. Help you sleep

B. Make you tired right away

C. Keep your brain awake and alert

D. Make your muscles stronger

10. What is a sign of a good shoe fit?

A. Toes are squished

B. Heel slides up and down

C. Toes have space to move

D. Shoes feel tight