

## PT Resources

1. <https://www.gonoodle.com/for-families/>
  
2. <https://theinspiredtreehouse.com/occupational-and-physical-therapy-home-program-activities/>  

The 3 links below are found within the above link. The 3 links below are specific physical therapy sites within that site and a direct link to find them in order to make it easier for parents to find a specific site within the site that I believe is beneficial for their use and therapy playtime.
- 2a. <https://theinspiredtreehouse.com/quadruped-important-10-fun-ways-play/>
- 2b. <https://theinspiredtreehouse.com/20-creative-ways-practice-single-leg-stance/>
- 2c. <https://theinspiredtreehouse.com/movement-activities-for-kids-flying-feet/>
  
3. <https://www.yourtherapysource.com/videotreehouse.html>
4. <https://www.artbarblog.com/easy-forts/>
5. <https://www.yourtherapysource.com/blog1/?p=1839>