

# Scooter Boards



## Benefits

Self-propelled movement enables an understanding of space, distance and routes.

Scooter boards provide excellent exercise for the whole body.

Pushing to propel gives good proprioceptive feedback to the limbs.

Young children with motor impairments can use a scooter board for movement long before they develop adequate strength and coordination for creeping or crawling.

*Scooter-boards are a boon to children who can't move*

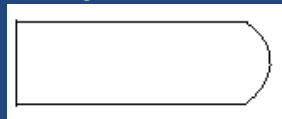
## Materials

1. sturdy wood plank
2. Foam padding
3. Rexene
4. Four good quality castors

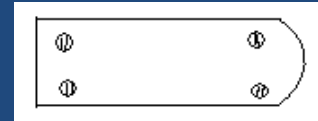
## Preparation

1. The length of the plank should be from the child's armpit to the middle of the thigh rounded in the front as shown below:

Top View



Bottom



castors

2. Secure the castors beneath the board with screws no longer than the thickness of the board.
3. Stick the padding on the top of the board.
4. Stick the Rexene on the top and bring it over the edges of the board and stick it to the base.

**Scooter boards should be used only under supervision.**