

FREEBIE

INTEGRATE REFLEXES

PLAY BASED EXERCISES

Animal Crawl & Curl

Targeted Reflex: Moro Reflex

Materials Needed: Open space and optional animal pictures or sounds

How to Do It (Step-by-Step):

1. Ask the child to crawl like an animal (bear, frog, or crab).
2. After 10 seconds, cue them to stop and curl into a ball like a turtle.
3. Hold for 5 seconds, then crawl again as a different animal.
4. Repeat with several animals.

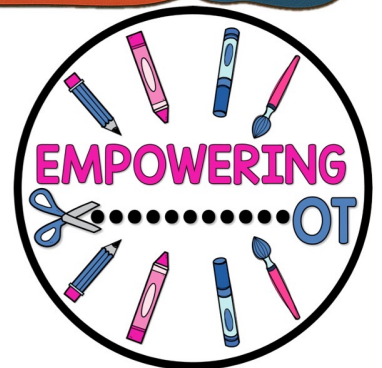
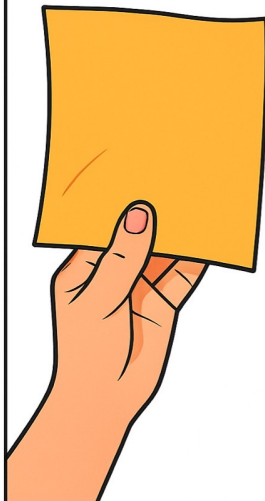
Why It Helps:

Integrates whole-body movement and reflex transitions while allowing breaks in a crawling posture.

Add animal sounds or voice crawling time if fatigue



Elizabeth, Ruth, Kwan, OTD, OTR, © 2025 Empowering OT



10 exercises

Directions

Looking for simple, engaging ways to start supporting reflex integration through play?

This free **Reflex Integration Starter Pack** gives you 10 therapist-designed exercises straight from the *Reflex Integration Bundle Toolkit*—the ultimate play-based program for therapists, educators, and caregivers. This includes exercise for the Moro Reflex, STNR, Palmar, Plantar, TLR, Landau, Perez, Spinal Galant & ATNR

Each activity includes:

- **Step-by-step directions** that make implementation easy in home, classroom, or therapy settings
- **Printable black-and-white visuals** for child-friendly use
- **“Why It Helps” explanations** so you can confidently connect movement to regulation, posture, and learning
- **Adaptations and sensory tips** to meet a variety of needs

Handouts for FREEBIE include:

- **Animal Crawl & Curl - Moro Reflex (page 5)**
- **Ball Roll Push - STNR (page 6)**
- **Crumple & Smooth Game - Palmar (page 7)**
- **Bubble Toe Pop - Plantar (page 8)**
- **Wall Angel Slides - TLR (page 9)**
- **Airplane Reaches - Landau (page 10)**
- **Back Tap Counting Game - Perez (page 11)**
- **Wall Press Marching - Spinal Galant (page 12)**
- **Cross Body Arm & Leg Tap ATNR (page 13)**
- **Cushion Jump & Curl - Moro (page 14)**

Want the Complete Reflex Integration Bundle Toolkit?

[Click here to get the FULL bundle!](#)

If you love the freebie, you'll want the full **Reflex Integration Bundle Toolkit - Complete Play-Based Program for Therapists, Educators & Caregivers**.

Inside the full program:

- **44 in-depth handouts** covering every major primitive reflex and how each impacts posture, attention, sensory processing, and emotional regulation
- **12 themed exercise packets** featuring 320+ play-based activities targeting all 12 key primitive reflexes (Moro, ATNR, STNR, TLR, Palmar, Plantar, Babinski, Spinal Galant, Rooting, Suck, Landau, Perez)
- **Step-by-step printable visuals** perfect for therapy, classrooms, or home programs
- **Built-in regulation strategies** and “Why It Helps” explanations for every exercise
- **Adaptable routines** for diverse sensory profiles and developmental levels

Created by an occupational therapist, this toolkit bridges **play and body-based learning**, helping kids develop regulation, coordination, and confidence through movement that feels fun—not forced.

Perfect for:

- OTs & PTs
- Early intervention providers
- Teachers & caregivers
- Parents supporting sensory and emotional development at home

INTEGRATE REFLEXES BUNDLE

Handouts & 320+ Play Based Exercises

26 Reflex Integration Handouts		IQ School Based Reflex Integration Handouts	
Moro	ATNR	TLR	Spinal Galant
Palmar	Plantar	Landau	Perez
STNR	Babinski (to be added)	Suck Reflex (to be added)	Rooting (to be added)

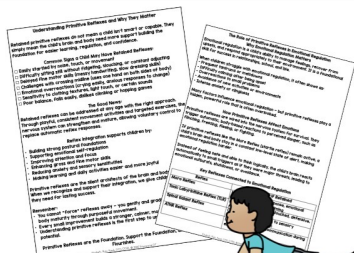


Prek & Elementary

Visuals, strategies & Exercises

PRIMITIVE REFLEXES / REFLEX INTEGRATION

26 handouts



Prek & Elementary

Exercises & strategies

DAILY REFLEX INTEGRATION EXERCISE CALENDAR

365 EXERCISES

September Activities					
Moro Reflex	ATNR	TLR	Spinal Galant	Palmar	Plantar
1. Turn head to left and right. 2. Turn head to left and right. 3. Turn head to left and right. 4. Turn head to left and right. 5. Turn head to left and right. 6. Turn head to left and right. 7. Turn head to left and right. 8. Turn head to left and right. 9. Turn head to left and right. 10. Turn head to left and right.	1. Turn head to left and right. 2. Turn head to left and right. 3. Turn head to left and right. 4. Turn head to left and right. 5. Turn head to left and right. 6. Turn head to left and right. 7. Turn head to left and right. 8. Turn head to left and right. 9. Turn head to left and right. 10. Turn head to left and right.	1. Turn head to left and right. 2. Turn head to left and right. 3. Turn head to left and right. 4. Turn head to left and right. 5. Turn head to left and right. 6. Turn head to left and right. 7. Turn head to left and right. 8. Turn head to left and right. 9. Turn head to left and right. 10. Turn head to left and right.	1. Turn head to left and right. 2. Turn head to left and right. 3. Turn head to left and right. 4. Turn head to left and right. 5. Turn head to left and right. 6. Turn head to left and right. 7. Turn head to left and right. 8. Turn head to left and right. 9. Turn head to left and right. 10. Turn head to left and right.	1. Turn head to left and right. 2. Turn head to left and right. 3. Turn head to left and right. 4. Turn head to left and right. 5. Turn head to left and right. 6. Turn head to left and right. 7. Turn head to left and right. 8. Turn head to left and right. 9. Turn head to left and right. 10. Turn head to left and right.	1. Turn head to left and right. 2. Turn head to left and right. 3. Turn head to left and right. 4. Turn head to left and right. 5. Turn head to left and right. 6. Turn head to left and right. 7. Turn head to left and right. 8. Turn head to left and right. 9. Turn head to left and right. 10. Turn head to left and right.



Prek & Elementary

Calendar & Handouts

[Click here to get a bundle of all exercises and handouts!](#)

[Click here to get Reflex Integration Handouts!](#)

[Click here to get daily Reflex Integration Calendar! \(Not included in bundle\)](#)

Check out my teacher pay teacher store for more resources:

<https://www.teacherspayteachers.com/Store/Empowering-Ot-By-Dr-R>



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✓ You may:	✗ You may not:
✓ Use with students and families on your caseload.	✗ Share with colleagues via email or print. Use on commercial sites such as Outschoool.
✓ Post on a secure platform (password protected) for your ONLY your students to access such as google classroom, email, showbie, etc.	✗ Post to your unsecured school website, a shared google drive, Facebook files in a group or anywhere where multiple people can access.

Animal Crawl & Curl

Targeted Reflex: Moro Reflex

Materials Needed: Open space and optional animal pictures or sounds

How to Do It (Step-by-Step):

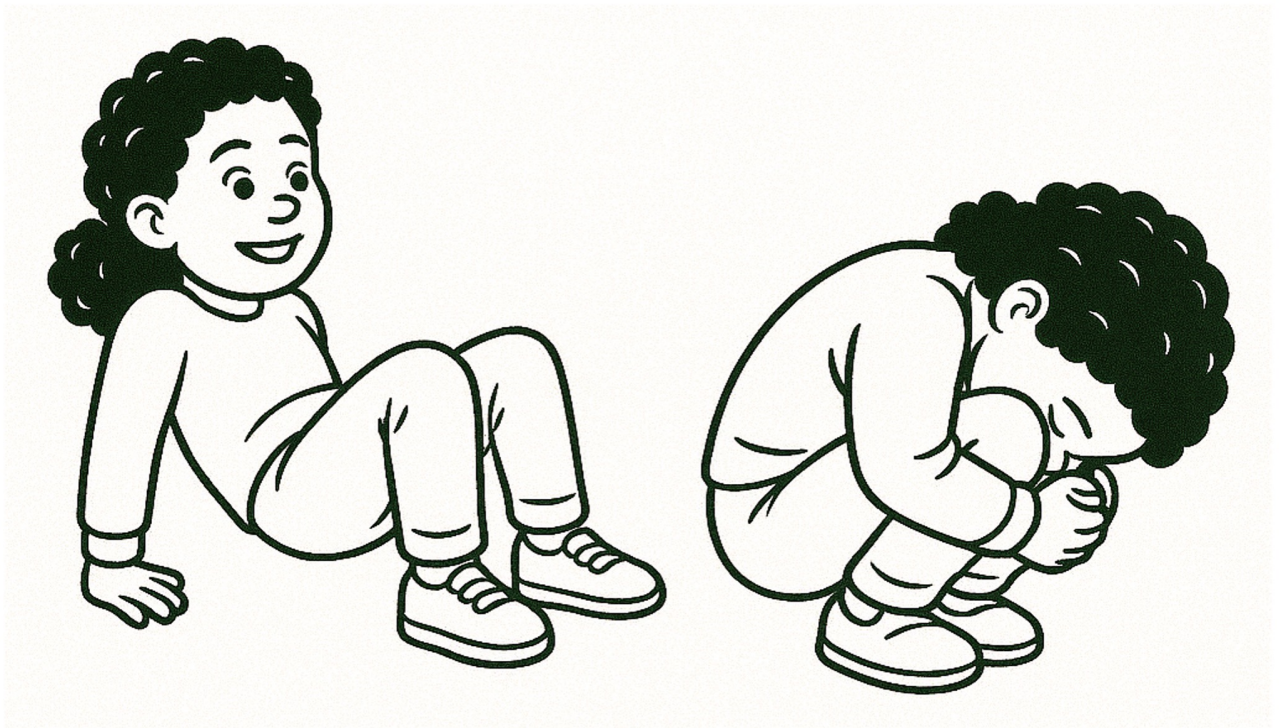
- 1. Ask the child to crawl like an animal (bear, frog, or crab).**
- 2. After 10 seconds, cue them to stop and curl into a ball like a turtle.**
- 3. Hold for 5 seconds, then crawl again as a different animal.**
- 4. Repeat with several animals.**

Why It Helps:

Integrates whole-body movement and reflex transitions while allowing breaks in a self-protective posture.

Tips to Adapt:

Add animal sounds or visuals for imagination; reduce crawling time if fatigue sets in.



Ball Roll Push

- **Targeted Reflex: STNR**
- **Materials Needed: Small or medium therapy ball**

How to Do It

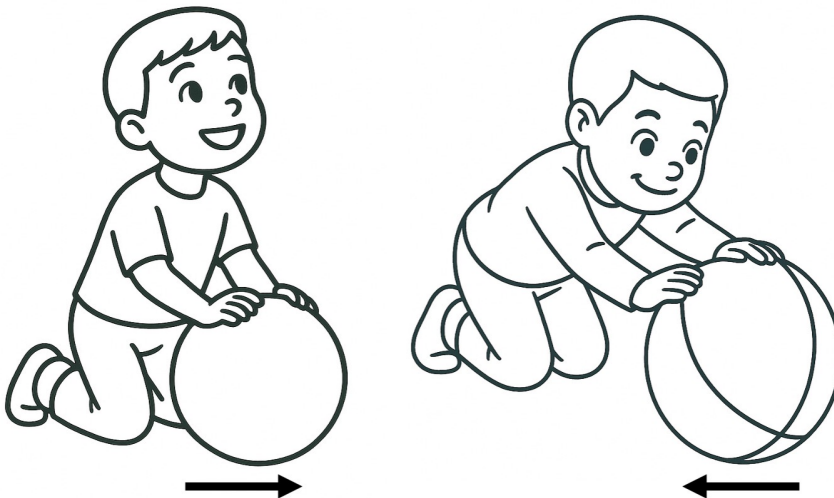
1. **Have the child kneel on hands and knees behind the ball.**
2. **Gently roll the ball forward while looking up, then pull it back while looking down.**
3. **Repeat 8-10 slow, smooth repetitions.**

Why It Helps:

Strengthens eye-hand coordination and dissociates head and arm movement.

Tips to Adapt:

Use colorful balls or objects for visual engagement.



Crumple and Smooth Game

- **Targeted Reflex: Palmar Grasp Reflex**
- **Materials Needed: Tissue paper or newspaper**

How to Do It:

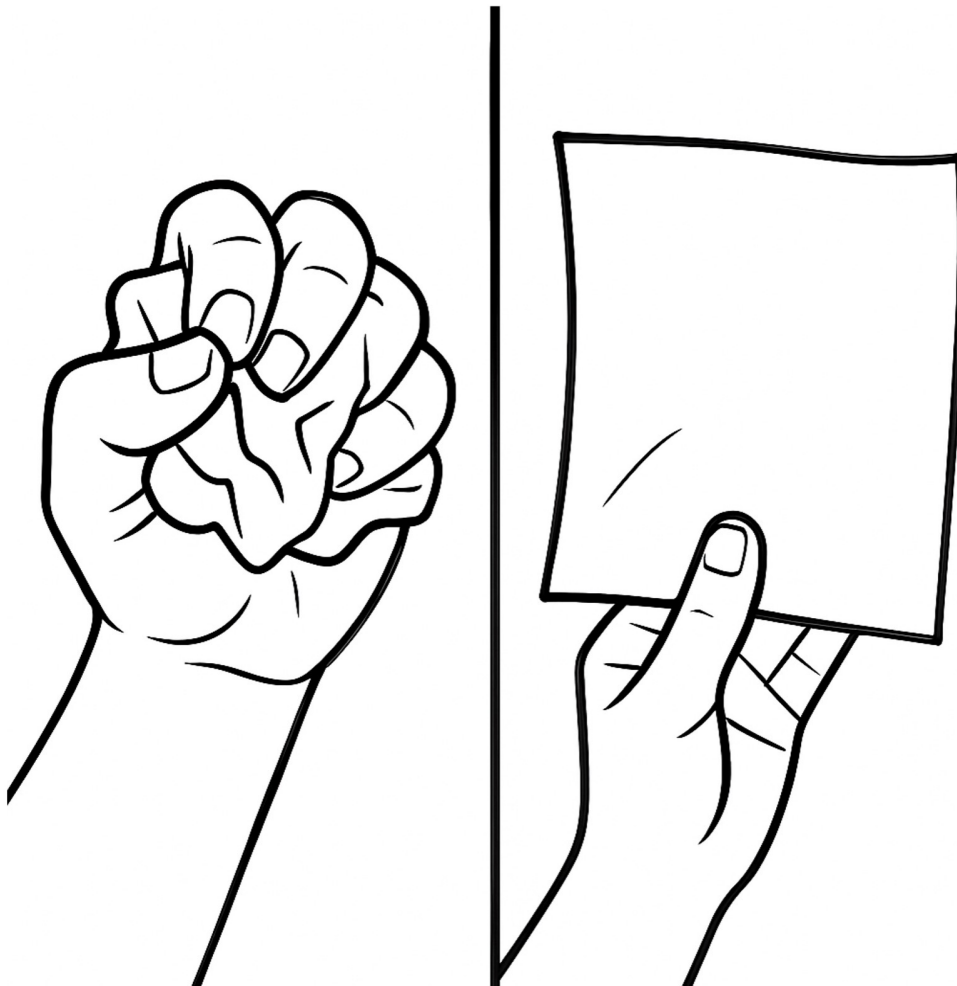
1. **Child crumples a paper sheet into a ball with one hand.**
2. **Then smooths it back out.**
3. **Repeat with both hands.**

Why It Helps:

Alternates full grasp with extended hand control.

Tips to Adapt:

Pretend they're turning paper into a flower.



Bubble Toe Pop

- **Targeted Reflex: Plantar Reflex**
- **Materials Needed: Bubble solution and wand**

How to Do It (Step-by-Step):

1. **Adult blows bubbles close to the floor.**
2. **Child tries to pop them with toes.**
3. **Switch feet and vary bubble speed.**

Why It Helps:

Promotes foot-eye coordination and precise movement.

Tips to Adapt:

Count the bubbles as you pop.



Wall Angel Slides

Targeted Reflex: TLR

Materials Needed: Blank wall

How to Do It (Step-by-Step):

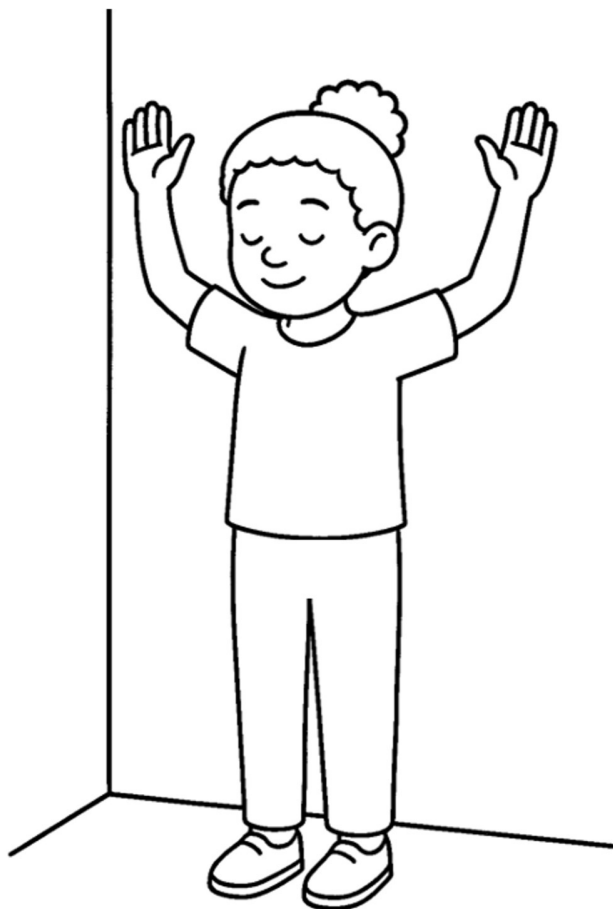
1. Have the child stand with their back, arms, and head against the wall.
2. Instruct them to slide their arms up into a 'goal post' or angel-wing shape, then lower.
3. Repeat 10 slow reps while keeping contact with the wall.

Why It Helps:

Encourages head and spine alignment, counteracting extension-dominated posturing from TLR.

Tips to Adapt:

Pretend they're "drawing wings" on the wall with magic.



Airplane Reaches

- **Targeted Reflex:** Landau Reflex
- **Materials Needed:** Small beanbags or toys

How to Do It:

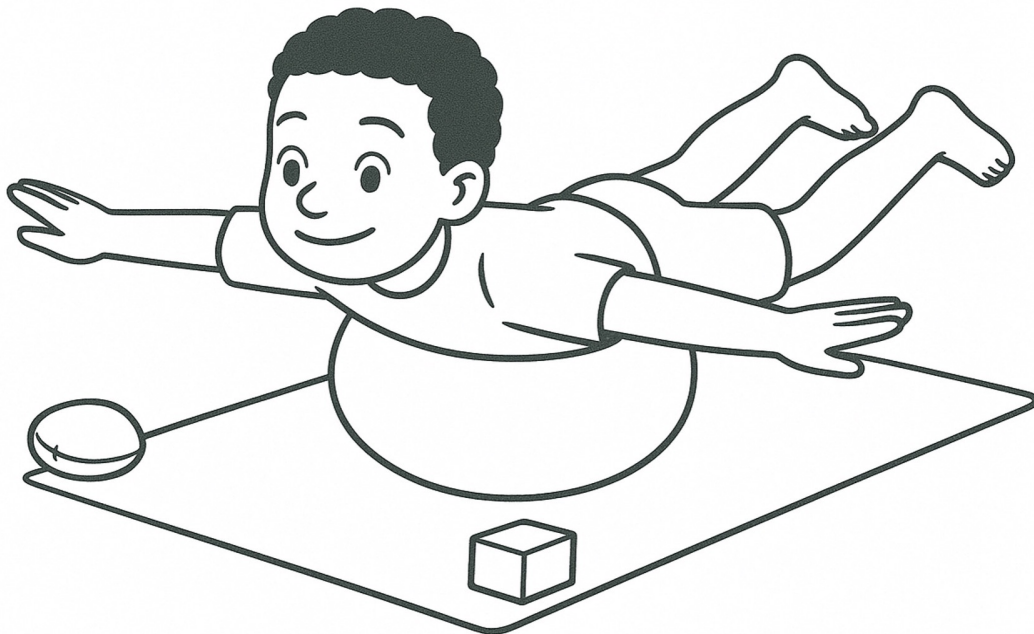
1. Lie child prone on mat or therapy ball.
2. Extend arms like airplane wings.
3. Place small objects to each side and have them reach while maintaining lift.

Why It Helps:

Encourages head and trunk lift while incorporating purposeful movement.

Tips to Adapt:

Make engine sounds and encourage reaching for pretend cargo.



Back Tap Counting Game

- **Targeted Reflex: Perez Reflex**
- **Materials Needed: Hands or soft tapping tool**

How to Do It:

1. Sit behind the child or have them lie on their stomach.
2. Lightly tap along their spine a certain number of times.
3. Ask them to guess the number of taps or follow with a matching movement.
4. Alternate sides and vary tap counts.

Why It Helps:

Improves tolerance to touch and builds body awareness across the back.

Tips to Adapt:

Use rhythm patterns or songs to help with counting.



Wall Press Marching

- **Targeted Reflex: Spinal Galant**
- **Materials Needed: Wall**

How to Do It (Step-by-Step):

1. **Have the child face a wall, place both hands on it.**
2. **Lift one knee at a time while pushing gently into the wall.**
3. **Repeat 10 steps per leg.**

Why It Helps:

Encourages midline stability and discourages rotational compensation linked to this reflex.

Tips to Adapt:

Pretend they're "pushing the wall back while marching in place."



Cross-Body Arm and Leg Taps

Targeted Reflex: ATNR

Materials Needed: None

How to Do It (Step-by-Step):

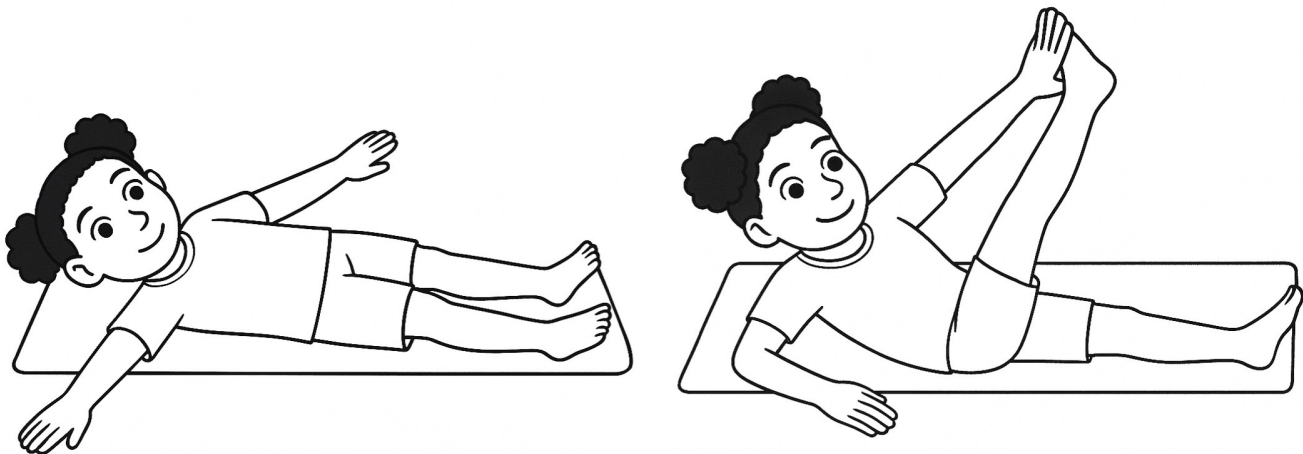
1. Have the child lie on their back with arms and legs extended.
2. Ask them to lift the right arm and touch it to the left knee, then switch sides.
3. Go slowly and encourage full reach and return to center.
4. Repeat 10-12 cross-body taps per side.

Why It Helps:

Promotes integration of left/right body movement patterns and breaks up the reflex's tendency to turn and extend limbs on one side.

Tips to Adapt:

Add a rhythm or song. Place small stickers or visuals on knees for targeting.



Cushion Jump and Curl

Targeted Reflex: Moro Reflex

Materials Needed: Low step or stool, large cushion or crash pad

How to Do It (Step-by-Step):

- 1. Have the child step onto a low platform.**
- 2. Instruct them to jump off and land on a soft cushion.**
- 3. Immediately after landing, cue them to curl into a ball.**
- 4. Hold curl for 5-10 seconds, then return to standing.**
- 5. Repeat 5 times.**

Why It Helps:

Recreates the “startle and recover” sequence with safe movement and proprioceptive feedback.

Tips to Adapt:

Start with a step off a cushion instead of jumping; add counting to structure movement.

