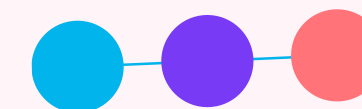
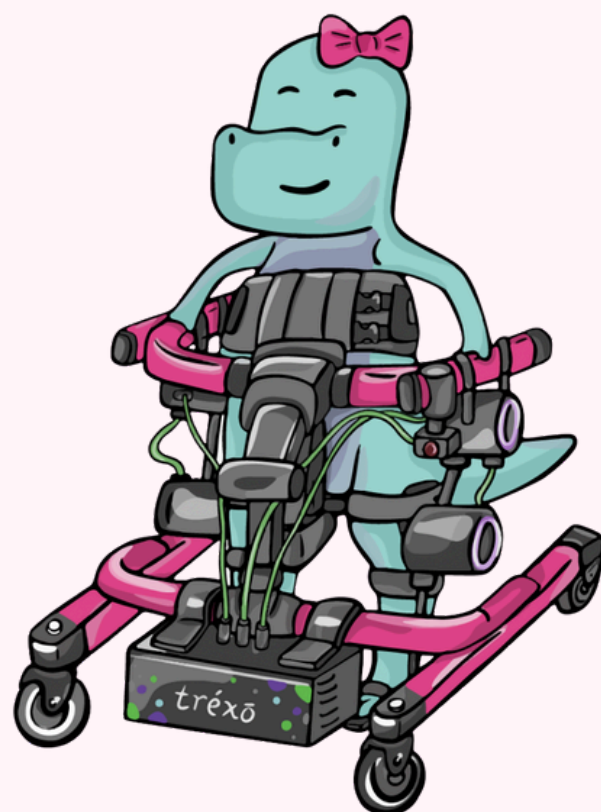
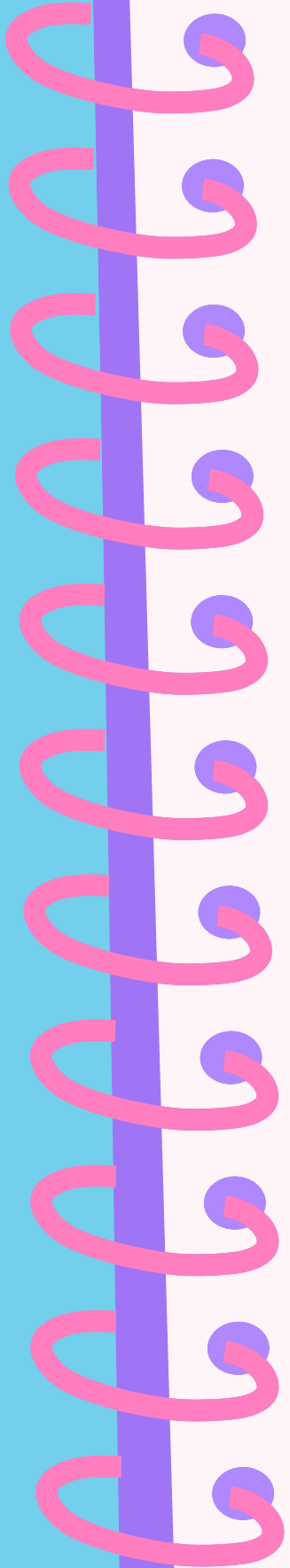


tréxō robotics

Activity Guide for Parents





Fun, Engaging Activities to Support Posture, Movement, and Motivation

This guide provides simple, home-friendly activities that help children:

- Stay engaged during Trexo walks
- Work on postural alignment when walking
- Work on coordination
- Encourage reaching, grasping, aiming, and play



1

Reach & Pop (Bubble Reaching Game)

What You'll Need: Bubble wand and solution.

How to Play:

- Blow bubbles in front of the child at different heights and directions.
- Encourage reaching with both hands or alternating sides.

Goals:

- Encouraging upright posture by having your child reach up for bubbles.
- Practice reaching skills and visual tracking
- Increase motivation with a playful, sensory-rich task.



2

Bat & Ball Target Game

What You'll Need: Foam bat, ball stand or hanging toy.

How to Play:

- Set up a target just ahead of the walking path.
- Ask the child to swing the bat as they approach.
- Add a challenge by moving the target to different sides.

Goals:

- Encourage your child to turn their upper body while walking.
- Practice using both hands together during activities.
- Make walking fun and meaningful through play.



3

Blaster Target Challenge

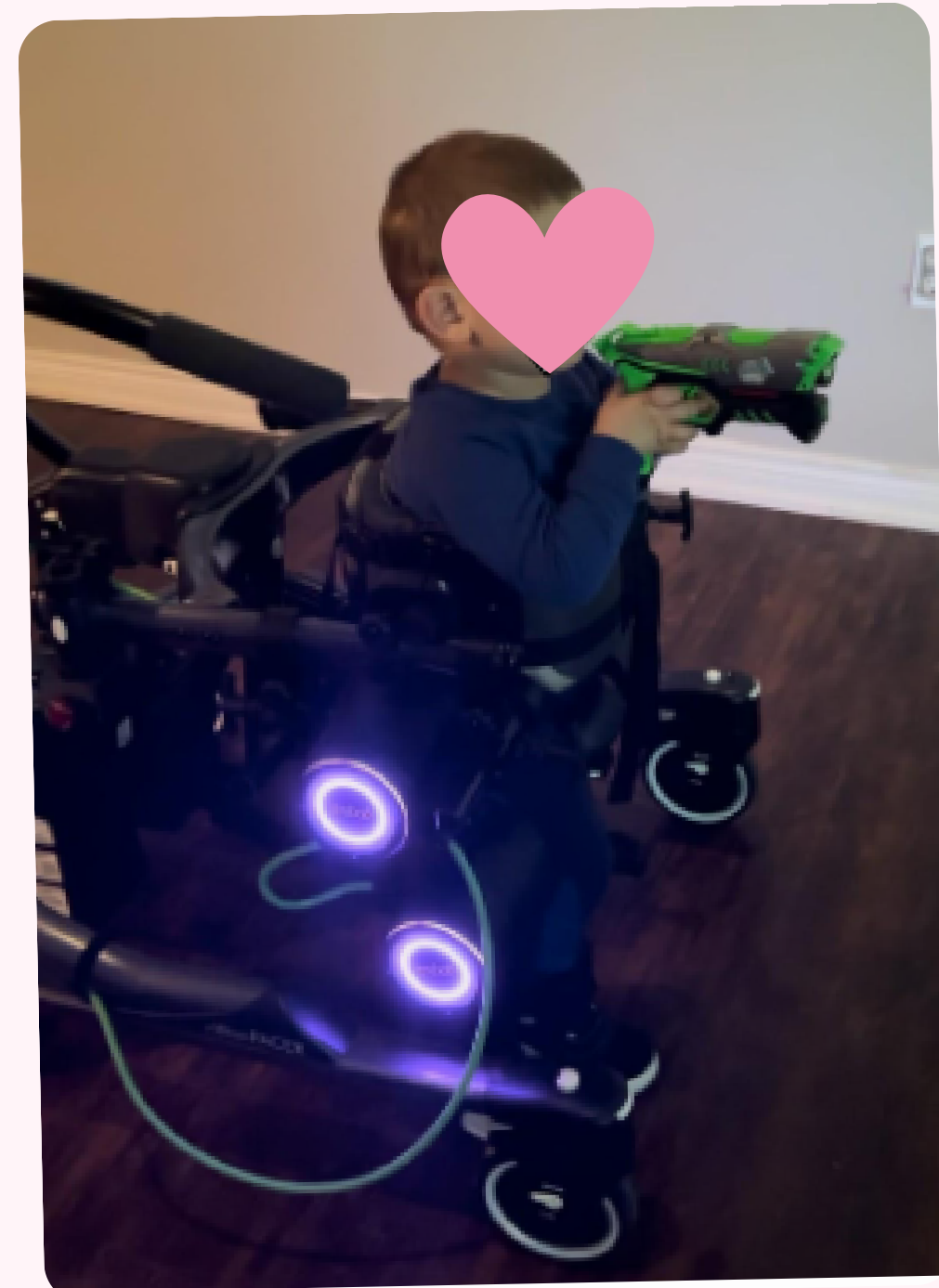
What You'll Need: Foam blaster or toy with aim.

How to Play:

- Have the child hold the blaster while walking.
- Point out soft targets to shoot while stepping.
- Vary height and side of targets for more engagement.

Goals:

- Help your child hold their head and body up while walking.
- Practice staying upright while using their hands.
- Build excitement and engagement



4

Balloon or Ball Throw

What You'll Need: Balloons or soft foam balls.

How to Play:

- Toss or gently bat the balloon/ball toward the child.
- They can catch, bat it back, or throw it into a small goal.
- Play in front, to the side, or at different heights.

Goals:

- Help your child stay balanced and adjust their body while moving.
- Encourage quick responses while using their arms and body together.
- Practice using both sides of their body during activities.



5

Overhead Carry Adventure

What You'll Need: Small toy or lightweight object.

How to Play:

- Ask your child to hold the object overhead with both hands while walking.
- Encourage looking forward and walking "like a superhero."

Goals:

- Help your child strengthen their upper back and tummy muscles.
- Encourage standing and walking in a straighter, more upright position.
- Add imaginative play. ("fly the toy to safety")



6

Ball Roll & Kick

What You'll Need: Soft rolling ball.

How to Play:

- Gently roll a ball in front of the child's leg.
- Encourage them to walk toward it and kick or tap it with their feet.
- You can also use a goal or target zone.

Goals:

- Help your child follow objects with their eyes while moving.
- Encourage finishing simple tasks during walking.
- Make walking interactive.





Pro Tip

- Short + frequent: 5–10 minutes of focused activity is great.
- Celebrate effort: Praise, high-fives, and smiles make the biggest difference.
- Use favorite toys: Motivation drives engagement!
- Record & review: Videos help you and your Trexo team.

7

Treasure Hunt & Collecting Game

What You'll Need: Small items (blocks, toys, puzzle pieces), a bucket or bin.

How to Play:

- Scatter lightweight objects around the walking path.
- Ask your child to collect and place each one into a container held by a parent or placed at a set location.
- For added challenge, use a theme (e.g., animals, colors, letters) or ask for specific objects.

Goals:

- Help your child walk tall while reaching for things.
- Encourage walking with a purpose and thinking through small challenges.
- Practice following simple steps and directions during activities.

Variation: Use a “mission” format: “Let’s find 3 red blocks and deliver them to the bucket!”



8

Pass & Sort

What You'll Need: Interlocking toys, building blocks, or large plastic links.

How to Play:

- Give your child a joined pair of blocks or links.
- Ask them to use both hands to pull them apart, then pass one to you or place in a bin.
- Repeat while walking toward a new station or goal.

Goals:

- Help your child use both hands together and build hand strength.
- Encourage keeping their body steady while reaching for things.
- Practice sorting and matching by color, shape, or type during activities.



9



Sticker or Velcro Stick Game

What You'll Need: Stickers or Velcro-backed items and a display board (held by a parent or mounted).

How to Play:

- The child walks toward a caregiver holding a board with Velcro dots or sticker outlines.
- Ask them to place one item at a time in the right spot.
- Celebrate as they “build” a picture, character, or puzzle with each step.

Goals:

- Help your child use their hands with more control.
- Encourage noticing where things are and reaching for them accurately.
- Make walking fun and meaningful through playful activities.



Pro Tip

Make It Meaningful! These activities don't just encourage movement - they create shared, joyful routines. Incorporate songs, storytelling, or favorite characters (e.g., "Let's help the dinosaur find his food!") to boost engagement even further.

High-Five Trail

What You'll Need: Parent or sibling, optional foam hands or wall stickers.

How to Play:

- The parent or sibling walks backward in front of the child using the Trexo.
- As the child approaches, offer a hand for a high-five at different heights or sides.
- Move to a new spot after each high-five.
- For variety, place foam hand targets or wall stickers to reach toward.
-

Goals:

- Help your child walk tall and look forward while moving.
- Encourage reaching out with their arms during activities.
- Support social play and keep walking fun and motivating.



11

Ring the Bell / Tap the Target

What You'll Need: Bell, laminated card, or visual marker hung at shoulder/head height.

How to Play:

- Hang several bells or targets along the child's walking path.
- Encourage the child to walk toward and tap or ring each one while passing.
- Move or change the targets occasionally to maintain engagement.

Goals:

- Help your child reach for and let go of objects during play.
- Encourage using their tummy and back muscles to stay steady.
- Support walking with a purpose during activities.



12



Puzzle Piece Pickup

What You'll Need: Large puzzle pieces and a puzzle board (on a table or parent's lap).

How to Play:

- Scatter puzzle pieces across the room along the walking path.
- Instruct the child to pick up one piece at a time and place it on the board.
- Celebrate as the puzzle is completed step-by-step.
-

Goals:

- Help your child solve small challenges and finish activities.
- Practice using their hands to pick up and move objects.
- Encourage walking with a purpose while thinking and learning.

13

“Simon Says” Walking Game

What You'll Need: No equipment needed.

How to Play:

- Stand in front of the child and give body movement commands prefaced by "Simon Says".
- Examples: “Simon says touch your nose,” “Simon says reach to the sky,” etc.
- Incorporate movement and direction cues while the child continues walking.

Goals:

- Help your child listen, understand, and respond during activities.
- Encourage awareness of their body while moving.
- Support staying upright and steady while doing more than one thing at a time.

Balloon tap/collect

What You'll Need: Balloon tied to a string and hung at chest/head level.

How to Play:

- Hang a balloon from the ceiling at an accessible level.
- Ask the child to walk underneath and tap or take the balloon with their hands.
- Vary the balloon's height and position to encourage reaching and balance.

Goals:

- Help your child focus their eyes on objects during activities.
- Encourage reaching up while playing to build strength and coordination.



Animal Match Game

What You'll Need: Printed animal or object cards placed around the room.

How to Play:

- Call out or show a picture of an animal or object.
- Ask the child to walk to the card that matches the one shown or named.
- Encourage reaching and touching the correct match.

Goals:

- Help your child look around and remember where things are.
- Encourage walking with a clear goal or purpose.
- Practice reaching across their body during activities.



Delivery Game

What You'll Need: Small lightweight toy or item, designated stations (tables/chairs).

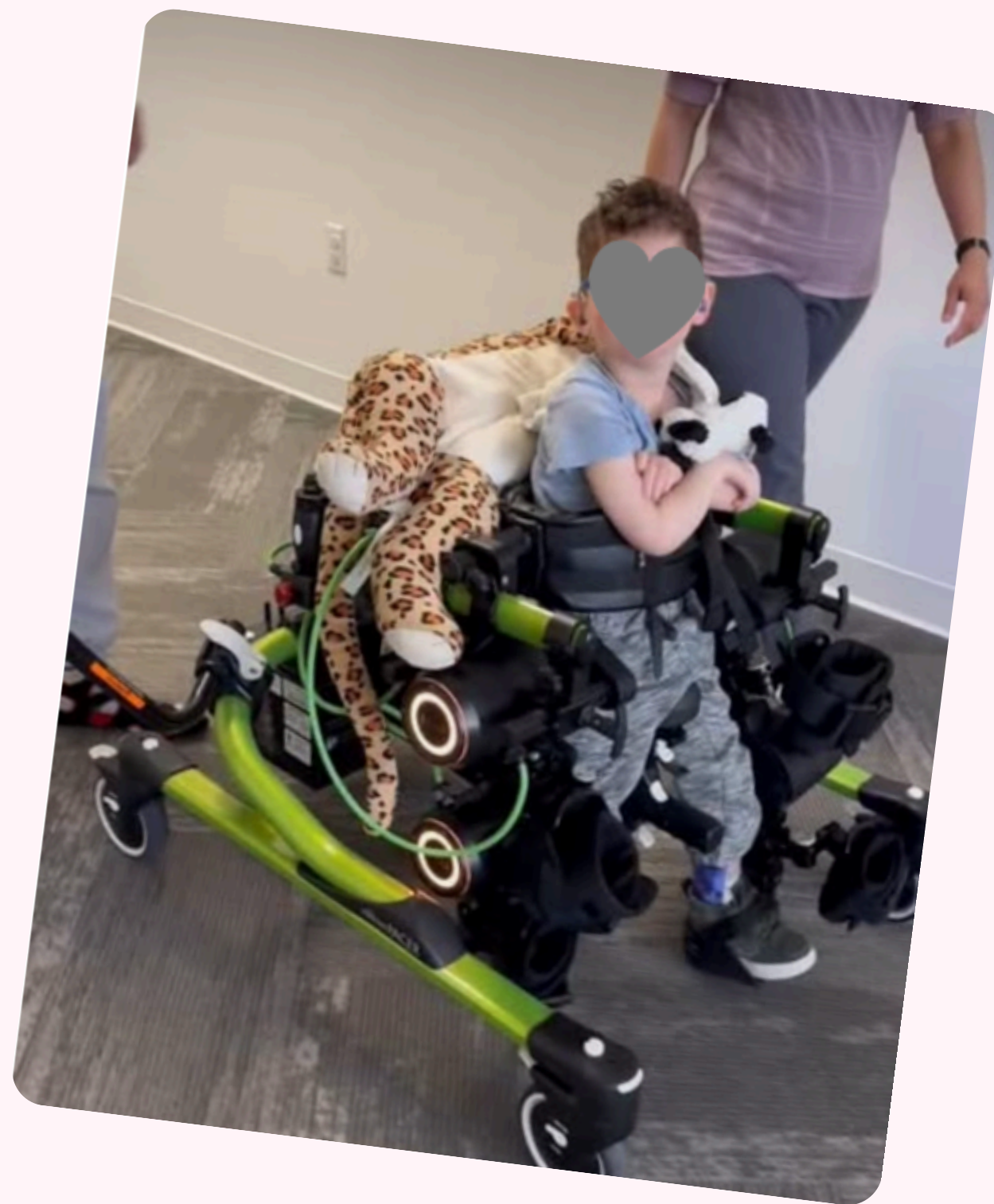
How to Play:

- Give your child a toy to carry from one “station” to another while walking.
- Describe the role play: delivering mail, food, or secret packages.
- Repeat with different items and destinations to keep it fun.
-

Goals:

- Help your child walk tall while carrying an object.
- Train dual-task focus (holding and walking).
- Use imaginative play for motivation .

16





Have Fun With Your Kiddo

Let us know what activities you've been doing during your check-in. We can't wait to hear about it!

