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| Activity | Instructions | Writing | Supplies |
| **Date:**  GM- wall pushups  Dex- theraputty  Vm/P- mazes | To students:  GM: hands on wall, feet 1-2 feet away from wall, body straight, elbows bend until nose almost touches wall.  Dex: roll into ball, flatten into a pancake, roll into snake, pinch each inch. of snake, roll into ball (repeat)  Vm/P: mazes of different levels and difficulties- don’t touch the edges.  Staff: Pair staff with students and encourage staff to model the activities while making sure the students are doing it correctly. | What did you do:  % legible: | Theraputty  Maze worksheets with different difficulties |
| **Date:**  GM- chair pushups  Dex- coins  Vm/P- stencils | To students:  GM: Hands on chair, lift body off of chair, do at least 10  Dex: pick up each coin one by one, place in a slot (like piggy bank), hold as many as you can, flip end-over-end, lay coin on table flip over as fast as poss.  Vm/P: use stencils to create a picture  Staff: Pair staff with students and encourage staff to model the activities while making sure the students are doing it correctly. | What did you do:  % legible: | Variety of coins  Stencils |
| **Date:**  GM- 3 animal walks  Dex- beads and sewing  Vm/P- tangrams | To students:  GM: Bear- hands and feet only, crab belly up hips off floor, dog- hands and knees  Dex: different sizes of beads, try yarn/string/thread/pipecleaners  /etc., sewing cards (just make with hole punch)  Vm/P: use paper, cardstock, cardboard, or wood/plastic  Staff: Pair staff with students and encourage staff to model the activities while making sure the students are doing it correctly. | What did you do:  % legible: | Beads  yarn/string/thread/ pipecleaners/etc.  sewing cards (just make with hole punch)  Tangram shapes- paper, wood,etc. |
| Activity | Instructions | Writing | Supplies |
| **Date:**  GM- bean bag toss  Dex- hole poking pictures  Vm/P- search & find | To students:  GM: catch and toss to each other/staff, right to left or vice-versa, try different sizes, try 2 at a time  Dex: use a pencil toothpick or pin to poke holes in a paper to write name, trace a line, etc., then hold up to light  Vm/P: worksheet with hidden pictures to color or circle, word searches, Ispy or Where’s Waldo  Staff: Pair staff with students and encourage staff to model the activities while making sure the students are doing it correctly. | What did you do:  % legible: | Varying sizes of bean bags  Paper, pencils, toothpicks, pins  worksheet with hidden pictures to color or circle, word searches, Ispy or Where’s Waldo, iPad apps |
| **Date:**  GM- calethetics  Dex- tweezers and tongs  Vm/P- juggle and dribble | To students:  GM: Arms in circles in front/sides/high/low, big circles and small circles, jumping jacks, etc.  Dex: use tweezers/tongs to pick up tiny objects, place objects, transfer from one container to another, to use a small peg boards, to put beads on a stick  Vm/P: throw and catch 1 or 2 balls/tissues/scarves/etc. with self, bounce and catch, dribble 1or2 handed/alternating  Staff: Pair staff with students and encourage staff to model the activities while making sure the students are doing it correctly. | What did you do:  % legible: | Tweezers or tongs  balls/tissues/scarves/etc. |