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| Activity | Instructions | Writing | Supplies |
| **Date:** GM- wall pushupsDex- theraputtyVm/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: | TheraputtyMaze worksheets with different difficulties |
| **Date:**GM- chair pushupsDex- coinsVm/P- stencils | To students: GM: Hands on chair, lift body off of chair, do at least 10Dex: 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 pictureStaff: 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 coinsStencils |
| **Date:**GM- 3 animal walksDex- beads and sewingVm/P- tangrams | To students: GM: Bear- hands and feet only, crab belly up hips off floor, dog- hands and kneesDex: 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/plasticStaff: 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: | Beadsyarn/string/thread/ pipecleaners/etc.sewing cards (just make with hole punch)Tangram shapes- paper, wood,etc. |
| Activity | Instructions | Writing | Supplies |
| **Date:** GM- bean bag tossDex- hole poking picturesVm/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 timeDex: 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 WaldoStaff: 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 bagsPaper, pencils, toothpicks, pinsworksheet with hidden pictures to color or circle, word searches, Ispy or Where’s Waldo, iPad apps |
| **Date:**GM- caletheticsDex- tweezers and tongsVm/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/alternatingStaff: 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 tongsballs/tissues/scarves/etc. |