

Activity	What to Do	How Many
Warm Up Hands	<ol style="list-style-type: none"> <li>1. Rub hands together</li> <li>2. Fist - close tight, open fingers as wide as possible</li> </ol>	<p>Count to 10</p> <p>5 times</p>
Finger Exercises	<ol style="list-style-type: none"> <li>1. Touches: touch each finger to thumb</li> <li>2. Flicks: flick each finger against thumb</li> <li>3. Snap fingers: rub thumb and tall finger for snap, end with thumbs up! Hard, do your best.</li> </ol>	<p>With letters of name(s)</p> <p>With alphabet, a to z</p> <p>5 times</p>
Pencil Exercises	<ol style="list-style-type: none"> <li>1. Twirl: twirl pencil in circles</li> <li>2. Inchworm: hold pencil with three fingers, scoot up/down pencil alternating fingers/thumb</li> <li>3. Push-ups: hold pencil with three fingers, bend knuckles to push pencil in then out</li> </ol>	<p>5 times around</p> <p>5 times up and down</p> <p>5 times in and out</p>