



Grades PK through 2nd grade

Gross Motor	Fine Motor	Handwriting	Sensory
Choose 2	Choose 1	Choose 1	Choose 1
<p>Bear walk across room 3x</p> <p>Bear Walk</p> <p>3 times</p> 	<p>Play with Legos</p>	<p>Write letters or shapes in sand or rice</p>	<p>Make homemade playdough</p> <p>https://www.verywellfamily.com/playdough-recipes-4164126</p>
<p>Hop on one foot 5x and then hop on other foot 5x</p>	<p>Clip clothespins on a coat hanger</p>	<p>Draw shapes with sidewalk chalk</p>	<p>Bubbles</p>
<p>Walk on a line on the floor like a balance beam(heel to toe) with a small stuffed animal or bean bag on head without it falling off.</p>	<p>Squeeze sponges in the sink or tub</p>	<p>Write letters on another person's back and have them guess the letter</p>	<p>Walk barefoot on different textures</p>
<p>Hold superman pose for 10-20 seconds</p> 	<p>Snip magazine pictures or snips strips of paper</p>	<p>Complete dot to dot pictures, try to touch all the dots</p> <p>https://www.dottodots.net/</p>	<p>Paint with puffy paint:</p> <p>Mix:</p> <p>½ cup glue</p> <p>½ cup shaving cream</p> <p>Food color</p>