



## Grades PK through 2nd grade

Gross Motor	Fine Motor	Handwriting	Sensory
Choose 2	Choose 1	Choose 1	Choose 1
Draw a hopscotch path on the driveway with chalk	Put paper clips on an index card	Draw a person with 10 body parts	Play in sand
Push a ball while crawling across the floor	Stretch rubber bands around a can	Complete a maze <a href="https://krazydad.com/maze/s/">https://krazydad.com/maze/s/</a>	Put paint in a gallon ziploc bag. Push air out and seal. "Paint" with bag flat on table.
Hold popcorn pose for 10-20 seconds  SUPINE FLEXION	Paint with Q-tips	Find an object in your room that starts with these letters c,a,d,g. Write the letter or write a word that starts with that letter.	Make slime <a href="http://www.thebestideasforkids.com/fluffy-slime-recipe/">www.thebestideasforkids.com/fluffy-slime-recipe/</a>
Hold superman pose for 10-20 seconds 	Cut fringe on the edge of a piece of paper	Outside: Paint letters on vertical brick with a wet brush with water	Play in shaving cream