



Upper Body Exercises

Prompt:	Date:	/	/	/	/	/	/	/	/	/	/	/	/	/	/
1. Airplane															
2. Egg Rock															
3. Sit Ups															
4. Clock															
5. Weather Vane															
6. Slant Board															
7. Cat															
8. Cow															
9. Wheelbarrow															
10. Crab Walk															
11. Wall Push-Ups															
12. Pinchers															
13. Shoulder Press															
14. Chair Push-Ups															
15. Push Your Chair															
16. Bear Walk															
17. Jump Rope Backward															
18. Air Circles															
19. Puppy Stretch															
20. Wide Claps															
21. Backstroke															
22. Arm Reach															
23. Statue															
24. Elbow Shift															
25. Wall Push Off															
26. Lumberjack Handshake															
27. Chair Push-Up															
28. Spoon Carry															
29. Paper Twist															
30. Pouring															
31. Hammering															
32. Card Flip															
33. Upside Down Hand Stack															
34. Drop															
35. Magnetic Path															
36. Secret Handshake															
37. Puppy Wiggle															
38. Donkey Kick															
39. Seal Walk															
40. Drawbridge															
41. Magnet Stick															
42. Paper Scrunch															
43. Desk Drum															
44. Windshield Wipers															
45. Erase the Cards															
46. Belly Drum															
47. Partner Twist															
48. Horse Gallop															
49. Trace															
50. Fold Paper															
51. Cap Turn															
52. Cap Mix Up															
Totals:		/	/	/	/	/	/	/	/	/	/	/	/	/	/

Symbol Key: = correct response = incorrect response = _____





Pre-writing Activities

Prompt:	Date:	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
1. Which two are the same?															
2. Which two are the same?															
3. Which one is different?															
4. Which two are the same?															
5. Which one is different?															
6. Which two are the same?															
7. Which two are the same?															
8. Which one is different?															
9. Find five circles hidden in the picture.															
10. Find five plus signs hidden in the picture.															
11. Find five X's hidden in the picture.															
12. Find five squares hidden in the picture.															
13. Find five triangles hidden in the picture.															
14. Follow the path (easy).															
15. Follow the path (easy).															
16. Follow the path (medium).															
17. Follow the path (medium).															
18. Follow the path (difficult).															
19. Follow the path (difficult).															
20. Follow the path (difficult).															
21. Follow the path (difficult).															
22. Follow the path (difficult).															
23. Finish the drawing (face).															
24. Finish the drawing (house).															
25. Finish the drawing (ice cream cone).															
26. Finish the drawing (gift).															
27. Finish the drawing (pizza).															
28. Trace then draw (easy).															
29. Trace then draw (easy).															
30. Trace then draw (medium).															
31. Trace then draw (medium).															
32. Trace then draw (difficult).															
33. Trace then draw (difficult).															
34. Trace then draw (difficult).															
35. Trace then draw (difficult).															
36. Trace then draw (difficult).															
37. Draw a line on top of the square.															
38. Draw a line under the triangle.															
39. Draw a circle around the plus sign.															
40. Color inside the circle.															
41. Draw a square around the circle.															
42. Put an X through the square.															
43. Draw a line next to the X.															
44. Draw a triangle inside the square.															
45. What is missing? (3 items).															
46. What is missing? (4 items).															
47. What is missing? (5 items).															
48. What do you remember? (3 squares).															
49. What do you remember? (5 circles).															
50. What do you remember? (6 triangles).															
51. Draw from memory.															
52. Draw from memory.															
Totals:	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

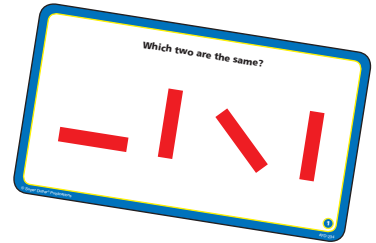
Symbol Key: = correct response = incorrect response = _____





Pre-Handwriting Fun Deck

#FD-234



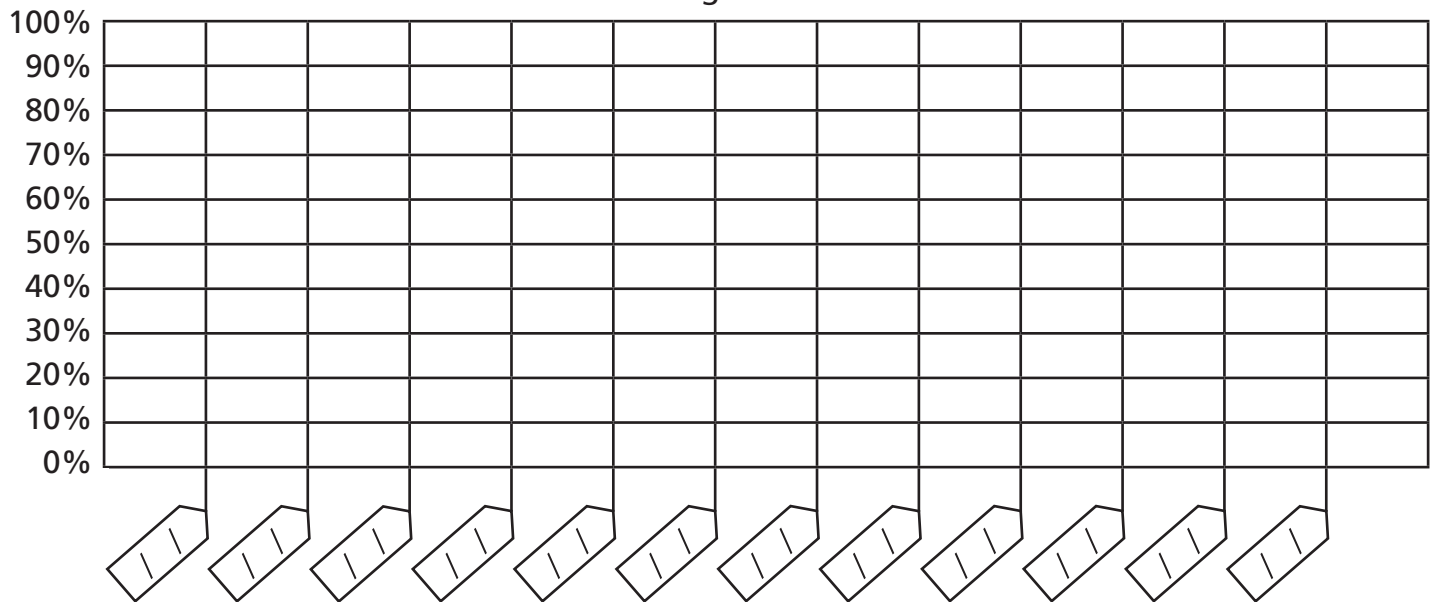
Student: _____

D.O.B.: _____

I.E.P. Due: _____

Goal: _____

Progress:



Notes: _____

Recommendations: _____

