**Pre- writing activities**

1. Directional marks – as before but copy sheet on A3 sheet, and pin to the wall
2. Rainbow writing – using several felt tip pens draw different coloured arcs to cover A3 blank sheet of paper on the wall. Try to use as many colours as possible and cover as much paper as possible.

**Fine motor exercises (Finger exercises)**

1. Dowelling sticks – hands on, lift fingers, straight arm lift, overhead , behind neck
2. Dough- take a lump of dough squeeze it as hard as you can –make a pot –use pencil to make pattern on pot.

**Whole body- Postural Readiness Activities**

1. Welcome routine to ensure good sitting
2. Take turns to place the bean bag on head and walk for 5 steps turn and return without dropping bean bag.

**Bilateral co-ordination exercises Hand/ arm movement**

1. Ribbons
2. Hand exercise
3. Cross hand exercise

****

**Calming activities/relaxation (5mins)**

1. Relaxation routine – nine simple actions to encourage physical and mental relaxation.

**Writing activities**

1. p and d sheet



Healthy Hands

KS1 – Week 4

