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

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

**Writing activities (10mins)**

1. B/ d request sheet
2. b/d on backs of peers
3. Dot joining timed activity- how long to join all the dots to form squares?

**Hidden writing activities (15 mins)**

1. Spirals on wall – large scale with both hands ( straight arms)
2. Spirals in boxes – different sizes
3. Maze – available from [www.eduhelper.com](http://www.eduhelper.com)

**Fine motor exercises (Finger exercises) (10 mins)**

1. Dowelling / tubes
2. Tubes ( foam) – race to complete circle
3. Mini pegs around a plate

**Bilateral co-ordination exercises Hand/ arm movements (10 mins)**

1. Ribbons / chains / ribbons with weights on the end
2. Hand exercise routine

**Whole body- Postural Readiness Activities (10 Minutes)**

1. Bean bag challenge – straight walking, in and out of objects
2. Bean bag – leaning over / bending over and picking up objects



Healthy Hands

KS3 – Week 2

