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

1. Dowelling / tubes
2. Hand exercises
3. Popping bubble pac- each given same size piece- who can pop them all in the shortest time?
4. Rice through sieve- who can complete the fastest?

**Hidden writing activities (15 mins)**

1. Copying a logo- see logo sheet
2. Maze- from www.eduhelper.com

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

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

**Writing activities (10mins)**

1. g and d formation
2. g and d on peers backs- Can you guess the letter?
3. Alphabet formation- timed task – upper and lower case – Who can complete the fastest?

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

1. Ribbons/ chains /ropes
2. Hand exercises
3. Clapping / drumming routine- use Queen ‘ We will rock you’.

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

1. Keep up the balloon – without using hands – encourage pupil to lean to ‘head’ the balloon.
2. Press up’s



Healthy Hands

KS3 – Week 4

