

Classroom Activities

Readiness

Hand Strengthening

- a. Squeezing/pulling play dough
- b. Pressing cakes and cookie cutters in play dough
- c. Pressing in/pulling out beads/pennies in play dough
- d. Pop plastic packing bubbles
- e. Hanging on monkey bars
- f. Playing on swings
- g. Holding on a jump rope
- h. Playing Zoom ball with a peer
- i. Play statue – striking a pose and holding to a count of 10
- j. Make a clothes pin train (attach a clothes pin to the end of each other)
- k. Play tug-of-war with a peer or group of peers
- l. Crumpling all waste paper into a tight ball with both hands and then with only one hand before throwing it away
- m. Write name or other words in sand or play dough using fingertip
- n. Open various sized containers with pop-tops, screw lids, etc.
- o. Use hole punchers
- p. Use turkey basters in water play
- q. Use spray bottles in water play
- r. Use an old tennis ball cut like a smiley face to pick up classroom objects
- s. _____
- t. _____