

Classroom Activities

Readiness

*Shoulder Stability*

- a. Attendance check-in
- b. Trace shapes or letters taped to windows (with paper over letter)
- c. Writing on a 4 inch 3 ring binder
- d. Chalkboard and easel activities
- e. Animal walks
- f. Wheel barrow walks
- g. Wall, table, chair, and finger pushups
- h. Drawing body outlines
- i. Use play dough while standing
- j. Laying on floor reading
- k. Propped on pillow/bean bag chair, drawing
- l. Writing/drawing with sidewalk chalk on sidewalk or on butcher paper
- m. Pressing hand prints dipped in fingerpaint in the shape of letters or to form pictures on butcher paper on the floor
- n. Wash and wipe windows or table
- o. Paint with water letters or numbers on brick walls or chalkboards
- p. \_\_\_\_\_
- q. \_\_\_\_\_
- r. \_\_\_\_\_
- s. \_\_\_\_\_