

	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6	wk 7	wk 8	wk 9
Print	FEL	HTI	DPB	RJU	OQC	GS	VWM	NAK	XYZ
	lhb	ktf	irn	mpju	cad	gq	seo	vwx	yz
Cursive	adg	qc	iuw	tjp	rso	hkb	fle	nmv	yxz
	AOD	CE	BMN	EIL	KWX	FGT	UVY	PRS	HJZ
“Big Body”	chair push-ups 2 sets of 10	Bear and crab walks	10-hand presses and 10-hand pulls	Theraband Activities 1 (x5) and 2(x10 each side)	Wall push-ups 2 sets of 10	Book presses 2 sets of 10	Bear and crab walks	chair push-ups 2 sets of 10	Theraband activities 3 and 4 (10 each)
“Big Hands”	clay roll and pinch x3	Pencil tricks up and down Ferris wheel	Piggy Bank coins in palm	clay nest bowl with 3 eggs	paper basketball one hand	spinning toys and tops	clay with beads or cpas on/off	Flashlight	rainbow writing