

Date:									
Breath In/Out									
Roll a Ball									
Pick up a Ball									
Squeeze a Ball									
Pick up a Pencil									
Roll a Pencil									
Touch Head									
Touch Nose									
Touch Shoulders									
Touch Belly									
Touch Knees									
Touch Toes									
Open and Close Hands									
Wiggle Fingers									
Shake Hands									
Clap Hands									
Rub Hands Together									
Shake Feet									

Flex Feet									
Point Toes									
Rub Feet Together									
Stomp Feet on Ground									
Sit in Butterfly Position									
Hug Knees to Chest									