Ready Hands Plan

Big body first, small hands second. Short and happy is best.

1 Warm up first

- [ ] Wall push ups
- [ ] Bear crawl to the table
- [ ] Squeeze and pull playdough
- [ ] Tear thick paper or card
- [ ] Spray bottle squeeze
- [ ] Hand shake and finger wiggle

2 Watch for tired hands

- [ ] Shaking or rubbing the hand
- [ ] Leaning or sliding down
- [ ] Pressing harder and harder
- [ ] Swapping hands a lot
- [ ] Silly, scribbly or walking away
- [ ] "My hand hurts" or "I can't"

3 Easy swaps

- [ ] Draw on the wall or easel
- [ ] Short crayon or chalk
- [ ] Finger in a salt tray
- [ ] Water painting outside
- [ ] I draw, you choose
- [ ] A break, then come back later

Today worked best: _____