Strength Week Card

Shoulders first. Then squeeze. Then pinch.

1 Push and bear weight

- [ ] Wheelbarrow walk
- [ ] Bear walk
- [ ] Push the washing basket
- [ ] Wall push for five
- [ ] Crawl through a cubby
- [ ] Our idea: _____

2 Squeeze

- [ ] Firm salt dough
- [ ] Spray bottle job
- [ ] Wring a face washer
- [ ] Squeeze citrus
- [ ] Squeeze a sponge
- [ ] Our idea: _____

3 Pinch

- [ ] Pegs off a container
- [ ] Kitchen tongs
- [ ] Tear lettuce or paper
- [ ] Peel stickers
- [ ] Twist a lid open
- [ ] Our idea: _____

Check first: Short and fun? | A useful job? | Stop if sore | Lid test monthly