CHAIR STRETCHES

- Shake Head- Yes/No
- Shrug Shoulders
- Stretch Face- Pull Chin Down
- Scrunch Face
- Stretch Up/Down/FWD/BKWD
- Spinal Twist
- Stretch Legs Out- Flex Feet
- Slide Hands Down Legs
EYE EXERCISES

- Slow Squeeze
- Tracking
- Clock Tracking
- Focused Stretching
- Hard Eyes/Soft Eyes
- Trombone
- Eye Massager → RELAXER!!
HAND EXERCISES

- Play the Piano
- Finger Brushes
- Trace the Hand
- Thumb Taps (Squish Grapes)
- Climb the Ladder
LISTENING WARM UP

1. WOMMP
2. Ear Rubs
3. Chin Sweeps
4. Yes-No-Maybe
5. Ear Rubs
6. Telephone
7. Inside/Outside
8. Butt Walks
WRITING WARM UP

1. WOMMP
2. Close Eyes- As teacher describes activity
3. Finger Touch Dances
4. Talk Into Your Ear
5. WRITE!!
READING WARM UP

1. WOMMP
2. Eye Relaxers
3. BIG STRETCH (in chair)- Shoulder Shifts, Neck Stretches, Chin Sweeps, Yes/No/Maybe, Butt Walks
MATH WARM UP

1. WOMMP
2. Yes-No-Maybe
3. Shoulder Stretches
4. Seated Ice Cream Licks
5. Butt Walks
6. Seated Heel Pushes