

## EXTRA LESSON EXERCISES

### I. DEVELOPMENTAL MOVEMENTS

GOOD MORNING FINGERS & TOES

HELLO KNEES →HELLO TOES (start with “knees,” progress to “toes” when able)

SEA ANEMONE

SEAL ROLL

Level 1: *Supine position (on back), arms resting where comfortable. Initiate slow & smooth rolling leading with relaxed legs.*

Level 2: *Supine position. Initiate slow & smooth rolling leading with arms.*

Level 3: *Supine position, arms alongside the head. Initiate rolling with the legs (level 1). Pause. Initiate rolling with arms (level 2).*

Level 4: *Seal roll with ball exchange.*

SNOW/SAND ANGEL

BABY EAGLE→SOARING EAGLE (replace *Baby Eagle* with *Soaring Eagle* when able)

WAKE THE CROCODILE (when able, replace with *Tadpole series*)

- **Croc asleep 1:** *Prone, elbows flexed, palms down, legs straight, forehead resting on floor. On auditory cue (Duck ‘quacks’) raise forehead very slightly from floor (just an inch or so) head aligned with spine. Lower forehead back to floor. Repeat 1 - 3 times.*
- **Croc asleep 2:** *Prone see #1. [“Quack”] raise forehead very slightly from floor keeping head aligned with spine. Turn head so left ear is on top, then turn so right ear is on top, turn back to center, lower forehead to floor. Note: head does NOT come up to look forward but looks down as in #1 with head turning to sides. Repeat 1 - 3 times.*
- **Croc awake:** *Prone, see #1. [“Quack”] lift upper body to rest on forearms, palms flat on floor, head upright. Look slowly from left to right, then back to middle keeping torso still. Lower body & forehead to floor. Repeat 1 - 3 times.*
- **Croc in the mud:** *Resting on knees & forearms, looking forward\*, bring one knee towards chest. With all 5 toes engaged on the floor, push straight back very slowly alongside the supporting leg. Repeat with other leg. Continue alternating sides, each foot up to 5 times. Pause. Repeat sequence 2 more times. \*When first learning, head looks down & back to direct foot alongside opposite leg. When proprioception improves, keep head in forward-looking position.*

TADPOLE series—there are four movements in the series, start gradually, build up (support with ‘croc in the mud’).

- **Tadpole #1** (*Fish Swimming in the Sea* in [The Extra Lesson](#))
- **Tadpole #2** (*Wrestle* in [The Extra Lesson](#))
- **Tadpole #3** (*Lizard Crawl* in [The Extra Lesson](#))
- **Tadpole #4** (*Frog Hop*)

WAKE THE SEAL →SEAL MOVING ON LAND (Adds forward movement to “Wake the Seal”)

CATERPILLAR CRAWL (“inchworm”)

CRABWALK

STALKING CAT

ROLYPOLY

### II. EXERCISES

**RODS:**

FINGER WALKING ON ROD

FORWARD-BACK ROD

HORIZONTAL ROD

TRIANGLE ROD

ROD ROLLING

**BALLS/BEANBAGS**

BEANBAG BUILD UP + WALK (+W) + SPEECH (+S) + BOTH (+WS)

1 beanbag exercises

- 2 hands (nest)

## WLSc3s6 Exercise List

- 1 hand
- hand-to-hand
- turnover at desk--seated (no bb or 1 bb)
- turnover standing (no bb or 1 bb) + W + S + WS
- toss-receive-turnover (over the mountain, across the bridge) + W + S + WS

### 2 Beanbags

- Pre-L/R drop at desk/floor
- L/R—standing + W + S + WS
- L/R--4:3 forward, 4:3 backward

### Above-Below Beanbag/Ball

- 1 beanbag (MIT 5 pattern + toss)
- 2 beanbags--sitting, standing, extra challenges
- 2 beanbags + W + S + WS

### MIT:

- #1
- #2
- #3
- #4
- #5
- #6
- #7
- #8

### BALL TWIRLING

#### BOUNCING BALL—build up as needed

- 1 ball both hands
- 1 ball alternate hands
- 2 balls

#### COPPER BALL SPIRAL

#### COPPER BALL EXERCISE

- + MOVING LINE & LEMNISCATE (I 8)
- + THUMB TWIRL

### **OTHER:**

#### GRAND CRAWL

#### WHOLE BODY EXERCISE

#### EYE-FINGER EXERCISE

- age 7-10 (arm at side)
- age 10-11
- age 11+

#### WOOL WINDING

#### SKEIN TWISTING

#### TRACING & COLORING HANDS

#### CUBES BETWEEN FINGERS

#### BEESWAX BALL ROLLING

#### BODY GEOGRAPHY 1

- Grade 1
- Grade 2
- Grade 3, 4 & 5

#### BODY GEOGRAPHY 2 (age 11+) Y2

- Grade 6
- Grade 7
- Grade 8+

#### MIRRORING EXERCISE

## WLS3s6 Exercise List

MARBLES-BETWEEN-TOES  
LIFTING ONE'S WEIGHT

### FORMS:

THREEFOLD SPIRAL  
DOMINANCE FORM  
RIGHT ANGLE TRIANGLE EXERCISE  
HANDEDNESS PATTERN UNDER 10  
HANDEDNESS PATTERN 10 & UP

### DRAWING:

HAND WARM-UPS--LINKS, CHAINS, PRESSES, WRITING GLOVES; HAND EXPANSION & CONTRACTION  
FORM DRAWING--CONTINUAL PATTERNS  
COUNTING STAR  
SCRIBBLE EXERCISE + SWEEPERS SERIES  
SHADED DRAWING  
SPATIAL LEMNISCATES  
BALANCING LEMNISCATES  
INTERPENETRATING TRIANGLES

### PAINTING:

SUN IN THE BLUE SKY  
BLUE & RED SPIRAL  
SECONDARY COLOR EXERCISE  
BLUE-RED PERSPECTIVE: L, M, N, O  
PAINTED LEMNISCATE  
EYE-HAND EXERCISE  
MAGENTA & VIRIDIAN

### SCREENING/ASSESSMENT:

#### GRADE ONE ENTRY

Arm overhead to ear(s)

#### Shopping list (4 things)

Storyline—example: *“Once upon a time, there was a wise old gnome who wished to give away all his precious crystals. The end.”*

#### DEVELOPMENTAL MOVEMENT

- Lizard
- Iguana
- Stalking Cat
- Eagle (prone extension)
- Creep
- Napping Lion (stretching cat)
- Cat Stripes (spinal patterns)
- Hello toes, knees, knees to head (supine flexion)
- Roly-poly

#### BEANBAG sequence

- Nest/2hds together
- Nest on branch/1 hand (no demo until child starts/chooses a hand)
- Branch-to-branch/hand-to-hand
- MIT 3
- MIT 5

## WLS3s6 Exercise List

- Toss/catch/aim

Static balance: Flamingo--1 ft and/or 2ft + speaking; eyes open/closed, without & with speaking

Body Geography – 2 hands only

Arm circles

Gross motor/Auditory sequence: gallop, skip, hop 1 foot, jump ft together, walk heels, tiptoes

Foot Dominance—stomp, kick, spin on 1 ft, step up, etc

### **DESK ACTIVITIES**

LONG PAPER

- Straight-wavy lines
- Code—shapes
- Squirrel around the trees
- Flower (shape)
- Trace form on back (#)

ECA (eye color affinity)—instructions: “Draw a blue moon and a red sun.”

Thumb opposition—eyes opened & closed

Dominance: ears & eyes—scopes & shells

Visual:

- pursuit—left-right, up-down, diagonals, around
- convergence & divergence
- fixation—front, left & right sides

### **FINISH WITH:**

PHT--clap/jump sequence + instructions

Repeat number sequence

Repeat hidden clap sequence

Recall:

- Grocery list
- Storyline
- Code

## **GRADE TWO SCREENING**

### **Grocery list (5 things)**

Storyline—example: “The red squirrel likes to jump from treetop to treetop.”

**DEVELOPMENTAL MOVEMENT**—(same as Grade 1 Entry—see above)

BEANBAG sequence—same **plus:**

- **Above-Below**
- **Left-Right**

Static balance: Flamingo—(same)

Body Geography

- 2 hands (same)
- Left vs Right (only to center—no crossing over)

Arm circles—same

Gross motor/Auditory sequence—**all forward & backward:** skip, hop 1 foot, jump feet together & zigzag, walk on heels, tiptoes, and outsides of feet.

Foot Dominance (same)

### **DESK ACTIVITIES**

#### **Flower Rod**

**Cross Assessment:**

- **Name, date**
- **Spelling**
- **Math**
- **(reading—briefly if appropriate)**

LONG PAPER (same—no squirrels/trees—replaced with Flower Rod) except also:

## WLSc3s6 Exercise List

- **Three trees**
- **Trace on back (4 shapes)**

Thumb opposition (same)

### **Thumb Twirl**

Dominance: ears & eyes—scopes & shells or hole in paper & rolled up paper

Visual (same) plus:

- **saccadic—rapid left-right** (if able)
- **individual eye wink**
- **individual eye open**

PHT—clap/jump sequence + instructions (same)

ECA—(eye color affinity—same)

Recall:

- Grocery list
- Storyline
- Code

## **FULL ASSESSMENT: UNDER 10 YEARS**

### **Grocery list (4-5 things)**

Storyline (**age-appropriate version**)

DEVELOPMENTAL MOVEMENT (same)

BEANBAG sequence (same as G2 screening)

### **Handedness pattern—under 10**

Static balance: (same)

Body Geography – 2 hands; Right vs Left for age (**same side G1 & G2; cross over midline G3 & G4**)

Arm circles

### **Ball Twirl (from 8 years)**

Gross motor/Auditory sequence—forwards & backwards: skip, hop 1 foot, jump feet together & zigzag, walk on heels, tiptoes, and outsides of feet,

Foot Dominance—stomp, kick, spin on 1 ft, step up, etc

### **DESK**

Flower Rod (same as G2 screening)

Cross Assessment (same with age/grade appropriate content):

LONG PAPER (same with age/grade appropriate content):

### **Counting beads—estimation, numeracy, counting, etc**

Thumb opposition (same)

Thumb Twirl (same)

Dominance (same)

Visual (same as able)

PHT--clap/jump sequence + instructions

ECA-- instructions (eye color affinity)

Recall:

- Grocery list
- Storyline
- Code

## **FULL ASSESSMENT 10 YEARS & UP:**

### **Grocery list (5-6 things)**

Storyline: *“The young scientist liked to do even the simplest of chemistry experiments, like mixing baking soda and vinegar to see the fizzy reaction happen, and sometimes to add red coloring to make it like a mini volcanic eruption.”*

DEVELOPMENTAL MOVEMENT—same

BEANBAG sequence—same

## WLSc3s6 Exercise List

### **Handedness Pattern—10 & up**

Static balance (same)

Body Geography (same)

Arm circles (same)

### **Mirroring Exercise**

Gross motor/Auditory sequence (same)

Foot Dominance (same)

### **DESK**

All activities are the same as under 10 assessment **with the exception: use more beads in the jars for that exercise & give age/grade appropriate content for academic parts.**

Trace on back (same)

Thumb opposition (same)

Thumb Twirl (same)

Dominance (same)

Visual (same as able)

PHT--clap/jump sequence + instructions

ECA-- instructions (eye color affinity)

Recall:

- Grocery list
- Storyline
- Code