

SAMPLE !!

HOME PROGRAM FOR _____

ACTIVITIES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chair push-ups (recommended 10 repetitions 2 times per day)							
Donkey kicks (10 repetitions) or walking up the wall (1-2 minutes) 2 times per day							
Crab walk with back straight for 15-20 feet							
Tug of war with rope/old sheet, etc.							
Hanging from monkey bars							
Playdough, putty, clay play (roll, stretch, squeeze, poke fingers into it, find hidden objects)							
Squeeze: hand-held hole punch, squeeze bottles, water pistols, packaging bubbles							
Stretch thick rubberbands,							
Screwing/unscrewing tops of jars, nuts and bolts							