**Typical Club Session Format and Sample Activities**

1. Gross Motor Warm-up Activities (5 minutes)
	* Do jumping jacks
	* Do crab walk
	* Perform push ups on floor
	* Chair push-ups
		1. Seated student places hands on either side of chair next to thighs.
		2. Straightens arms and lifts bottom off the chair
	* Balance on one leg with eyes closed
	* Walk toe-to-heel on a masking tape line on the floor
2. Fine Motor Warm-up Activities (5-10 minutes)
	* Rub hands together
	* Squeeze tennis balls
	* Rub hands in circles on the carpet
	* Play with Wikki Stix
	* Build with small Lego blocks
	* String small beads
	* Roll clay between fingers
	* "Walk" fingers up and down the pencil
3. Letter Introduction (2-3 minutes)
	* The teacher models writing the letter on the board and describes the steps.
	* The students imitate by writing in the air using large arm movements and repeating steps aloud.
	* The students then continue to say the steps while writing on the table with pointer finger.
4. Guided Practice Activities (10 minutes)
	* Write on board (white or chalk) while wearing wrist weights.
	* Write on another student's back and have him or her guess the letter.
	* Write with:
		1. Color change markers
		2. Scented markers
		3. Magna Doodle™
		4. Battery-operated pens
		5. Paint Chalk on sidewalk
		6. Finger paint
		7. Pudding
		8. Shaving cream
	* Write in:
		1. Clay tray
		2. Salt, rice, or sand tray
5. Semi-independent Practice (5-10 minutes)
	* Students write in their handwriting books with teachers monitoring
6. Independent Practice Homework
7. Additional Activities
	* Writing for a purpose (i.e., make holiday cards or write thank-you notes)