**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)