

Activities	Verbal Prompting	Manual Prompting
	SONG CAN BE CHANGED TO AGE APPROPRIATE MUSIC	PLEASE NOTE THESE ARE GENERAL IDEAS TO HELP !!! NOT STUDENT SPECIFIC !
Arrive and welcome	Hello Setting aims & goals of the day	
Standing up and sitting down practice	Several times  Use fun music and do it together	Use bars, table, Idinning chair, sofa arms to support Help by assuring legs are apart and feet are flat and parallel Prompt by Hips, trunk or hand over hand grip support
Sitting position correction	I put both my feet flat. I keep my arms on my knees I stretch my back I lift my head up I am sitting tall “Everybody sit tall sit tall sit tall”	Help by Helper hands over the pupil’s Knees Hips supported by the side
Single arm lifting, palm opening and lowering arm exercise. Repeating with both arms alternatively	I lift my arm up I stretch my elbow 1-2 I open my fingers open-open-open I have a look at them and shake my arm down- down- down	Help by the elbows, first just a small touch wait to see if there is an initiation of the movement Help to raise the arm supporting it by the long bones! Never raise the whole arm my holding the wrist!
Dual arm lifting/grasping exercise by holding on to a long wooden stick with both hands. I, T: to lift it to chest level E: lift it above his head to achieve elbow extension.	I hold on to my stick 1-2 I lift my arm up, up, up I hold it I have a look at it I move my stick down on my knee, I move it down, down, down “Are you sleeping Brother John?”	Help by the elbows, first just a small touch wait to see if there is an initiation of the movement Help to raise the arm supporting it by the long bones! Never raise the whole arm my holding the wrist!  Use a magic wand or a large wooden spoon, a scarf if you want to make it more challenging.

<b>Activities</b>	<b>Verbal Prompting</b>	<b>Manual Prompting</b>
<p><i>Fine manipulation/grasping exercise using bean bags or sponge balls</i></p>	<p><i>I lean forward- forward- forward I pick up a bean bag I lift it above my head I let go and I drop it Repeat several times with alternate hands</i></p>	<p><i>Support hand over hand Assure eye contact and eye coordination</i></p>
<p><i>A. Passing object from right hand to left hand and back B. Team building exercise by passing objects to each other if you have siblings</i></p>	<p><i>I hold on to my bean bag with my right hand I keep it- I keep it- I keep it I pass it to my left hand I let go- I let go- I let go Repeat several times I stretch my arm out- out- out I have a look at it- at it- at it I open my hand and I pass the object and I sit up tall "Round and round the garden"</i></p>	<p><i>Support hand over hand Assure eye contact and eye coordination</i></p>
<p><i>Marching with the legs in sitting position</i></p>	<p><i>I hold my chair beside me 1-2 I lift my right leg up 1 and I put it down 2 I lift my left leg up 1 and I put it down 2 "Old and grand Duke of York"</i></p>	<p><i>Help the step by stimulating the foot or the knees If needed lift the leg by holding the feet and supporting the knees</i></p>
<p><i>Evaluation and praising Summary of the work they have done Announce exceptional performance of the day Putting their shoes back on Goodbye and return back to class</i></p>		