

### Manual Coordination Activities by Level

#### LEVEL 1 ( easiest)

Teip on the edge of paper with scissors.  
Tear and catch a ball with a partner, using both hands, 10 times.  
Coloring a rainbow (connecting midline) / use holepunch to support  
Make a pattern with large loops.  
Roll playdough and/or dough with a rolling pin  
Unroll one large or medium balloon  
Tear paper into strips, paste and form a collage/picture

#### Make it a little harder:

Cut one line with scissors  
Tear a ball against a wall and catching with both hands, 10 times.  
Build a design with finger instructions  
Model playdough/dough into shapes  
Roll up / longer medium balloon  
Use scissors to cut out shapes to form a collage/picture

#### LEVEL 2

Hang up your necks with clothespins  
Cut out shapes (circle, square, triangle)  
Thread clothespins  
Bring hands, or thread

#### Make it a little harder:

Hang up your shirt with clothespins  
Cut out a diamond, curves and zigzag lines  
Use loop  
Create a small necklace with beads and cord

#### LEVEL 3

Complete 10 slow snow angels, moving arms and legs at same speed  
March across your living room area  
Wheelbarrow walk (walk on hands with partner holding feet)  
Climbing a ladder  
Animal walks (use attachments)

#### Make it a little harder:

Complete 10 jumping jacks, moving arms and legs at same speed  
March across your living room or yard while touching opposite elbow to opposite knee (google cross crawl)  
When/ how many nose touch touches you get?  
Monkey bars  
Animal walks within an obstacle course

#### LEVEL 4

Rolling a triangle

#### Make it a little harder:

Rolling a triangle

Origami Dog: <https://www.youtube.com/watch?v=2P433CFU80U>  
Jump Rope: Run in Place

Origami Fish: <https://www.youtube.com/watch?v=rdPg4lml80Y>  
Crisis moving/jump rope

Drinking a Soccer or Basketball

Run while drinking or Basketball Drills:  
<https://www.youtube.com/watch?v=yf6u2GAGCY> Soccer Drills:  
[https://www.youtube.com/watch?v=Q2M7pL\\_R8E](https://www.youtube.com/watch?v=Q2M7pL_R8E)

#### LEVEL 5 (hardest)

Build a birdhouse with popsicle sticks  
Juggle 2 balls

#### Make it a little harder:

Build a birdhouse with wood and nails  
Juggle more than 2 balls at a time

Finger knitting: <https://www.youtube.com/watch?v=388qP1e0PQ>  
Learn to braid hair

Soccer cricket  
Make a friendship bracelet

Playing piano, guitar, or other musical instrument with hands playing different notes at the same time

Perform for a concert for your family