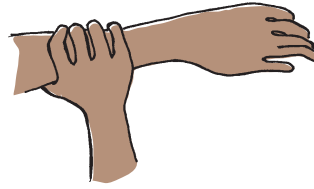
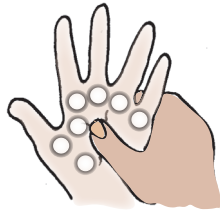
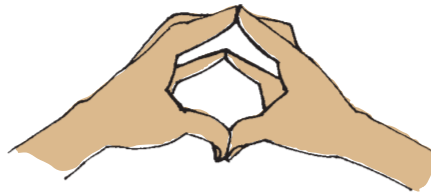


## Minute Moves for Fine Motor

Follow the sequence as shown. Perform each movement ten times.



Step 1. Dots and Squeezies or 10/7's



Step 2. Finger Push-ups



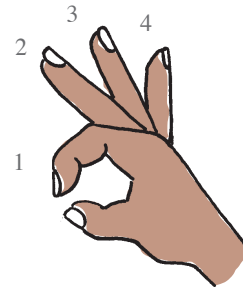
Step 3. Two-handed Pancake Flip



Step 4. "Yes" in sign language



Step 5. Finger Snaps



Step 6. OK Circle Taps

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### Mrs. Fine's Rhyme

Dots and Squeezies. Squeezies and Dots.  
They're good for your hand if you get the right spots.  
Next we do the push-ups. Then come the claps.  
We say "yes" in sign language. Then we do the snaps.  
1, 2, 3, 4.  
4, 3, 2, 1.  
Minute Moves for Fine Motor sure are fun!