

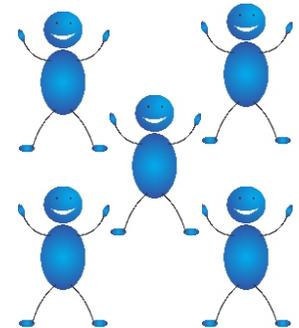
Spinning Exercises

Purpose of activity: Encourage fine motor and gross motor skill practice.

Materials: recycled compact disc, nail polish or paint, marble, plastic cap and glue gun

How to Create the Spinning Top: Paint the shiny side of the compact disc. Let it dry. Hot glue the plastic lid to the painted side and the marble to the unpainted side. It is ready to spin.

How to Do the Spinning Exercises: Try to do the exercises mentioned the entire time the top is spinning. Put a check mark in box when completed. Write down some additional exercises that you want to try while the top is spinning.



Spinning Exercises	Completed	Other Exercise Ideas	Completed
Jumping in place			
Pretend to jump rope			
Wall push ups			
Jumping jacks			
Arm Circles			
Stand on right foot			
March in place			
Windmills			
Stand on left foot			
Run in place			