



BENEFITS

You know your body needs to warm up before doing physical activities, like basketball. Writing and cutting are also physical activities. So you need to warm up for them as well.

TO BEGIN

- Have children sit in chairs at their desks or at a table.
- Demonstrate hand placement and movements for spider push-ups.
- This is a good warm up before starting a writing or cutting activity.

SPIDER PUSH-UPS INSTRUCTIONS

1. Place the back of one hand against the table top.
2. Place the other hand (the spider) on top, matching the fingers (*pinky to pinky, ring to ring, etc.*).
3. Extend the fingers from the bottom hand (*mirror*) up in the air finger tips together (*like a tee-pee*).
4. Then bring the fingers back down against the table.
5. Do this 5 times.
6. Then turn the hands over so now the spider is upside down. Repeat 5 times.

Additional Projects

Chair Push-Ups (Activity #9) are good warm ups and can be used before writing too. Why might a spider do push-ups? Make up a story with pictures and/or words.

Supplies needed:

Children will need paper, crayons or markers for creating their stories.