

Daily Activities

Each activity may be repeated up to 10 times.

1

With arms at shoulder height to the sides, touch thumb with each finger in order, from index to little and back. Start with left hand, right hand and then both together.

2

Arms outstretched in front at shoulder height, one hand open and palm down, one hand with clenched fists and alternate clenched to open palms. Repeat activity with eyes closed.

3

left arm outstretched to side at shoulder height, right arm across chest with hand touching shoulder. Alternate so that right arm is outstretched with left arm across chest and hand touching shoulder. Repeat each activity with eyes closed.

4

Left arm outstretched in front of shoulder height with index finger of right hand touching nose and alternate activity. Repeat with eyes closed.

