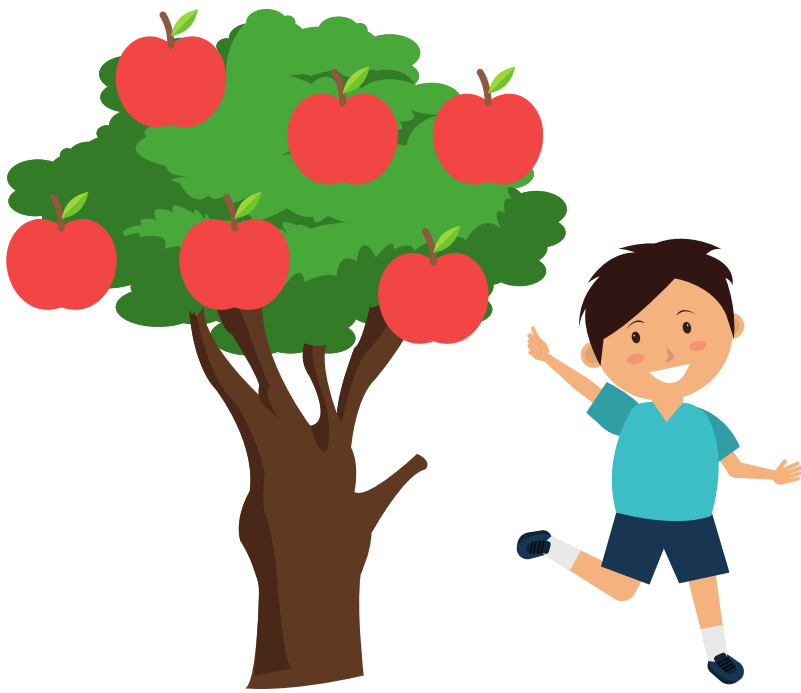


Fall Apple Picking Gross and Fine Motor Game

Instructions:

- Cut out the tree and apples to build your apple tree.
- Glue or tape the front and back of apples together and tape apples to the tree.
- Tape the tree onto the wall to encourage reaching up.
- Choose a number, find it on the apple tree, and pick that apple to see the fun movement activity on the back!





1

**10 Jumping
jacks**



2

15 Squats



3

**Tip toes
reach
30 secs**



4

**Run in
place for
30 secs**



5

**Stand on 1
leg for
15 secs**



6

**Walk on
heels for
30 secs**





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