

# 第 87\_1 项训练：舒尔特方格

训练提示：请根据教案操作方法操作，并做好时间记录工作。

8	1	6
7	3	2
4	9	5

2	8	3
1	9	6
7	4	5

使用日期：

计时：

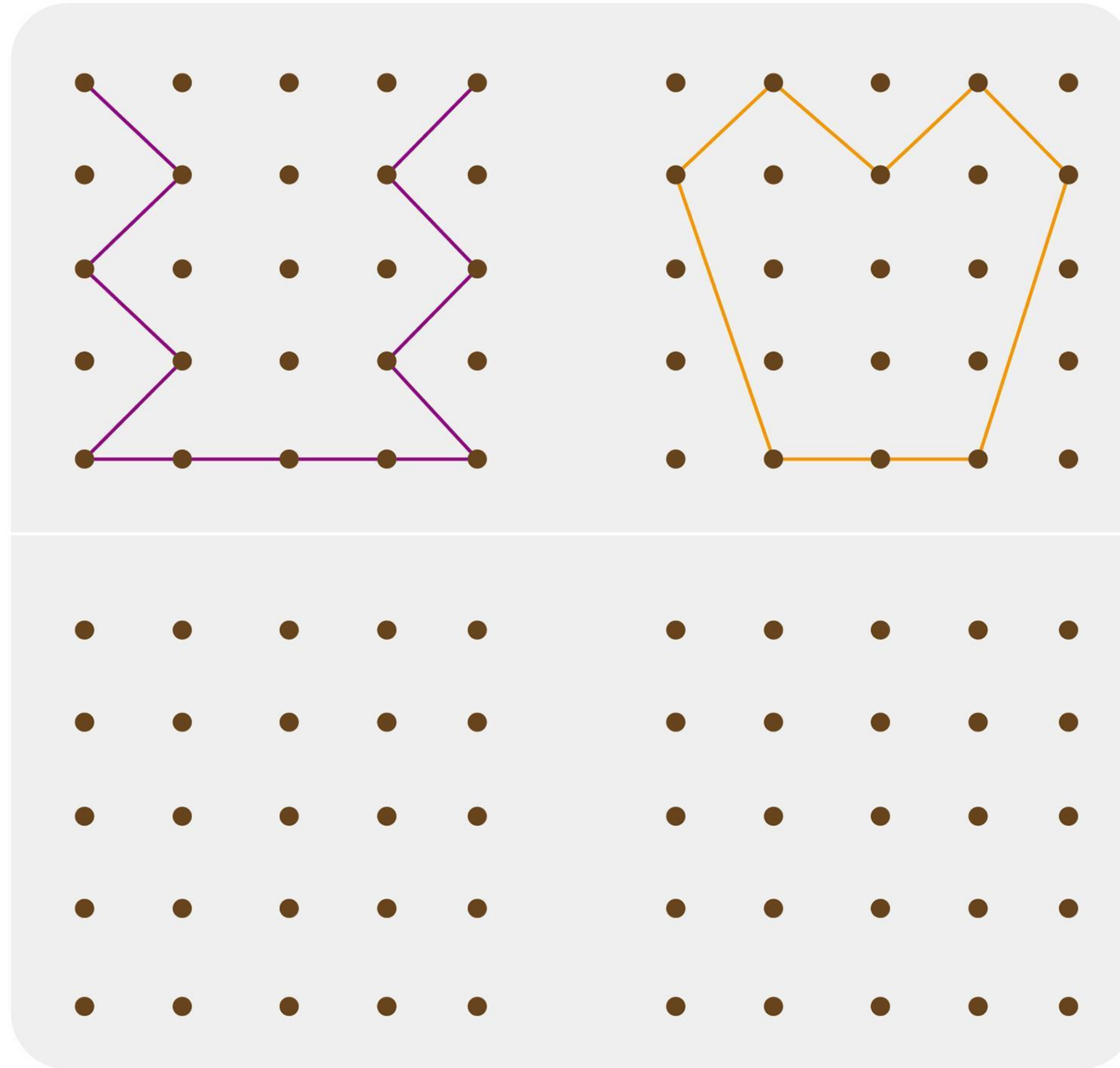
分

秒

错误：

评语：

# 第 87\_2 项训练：矩阵运笔



The image shows a 5x5 dot grid divided into two horizontal sections. The top section contains two examples of matrix penmanship. The left example is a purple zigzag line starting at the top-left dot, moving diagonally down to the second dot in the second row, then diagonally up to the first dot in the third row, then diagonally down to the second dot in the fourth row, then diagonally up to the first dot in the fifth row, and finally a horizontal line connecting all five dots in the fifth row. The right example is an orange zigzag line starting at the top-left dot, moving diagonally down to the second dot in the second row, then diagonally up to the first dot in the third row, then diagonally down to the second dot in the fourth row, then diagonally up to the first dot in the fifth row, and finally a horizontal line connecting all five dots in the fifth row. The bottom section of the grid is empty, providing space for practice.

使用日期：

计时：

分 秒

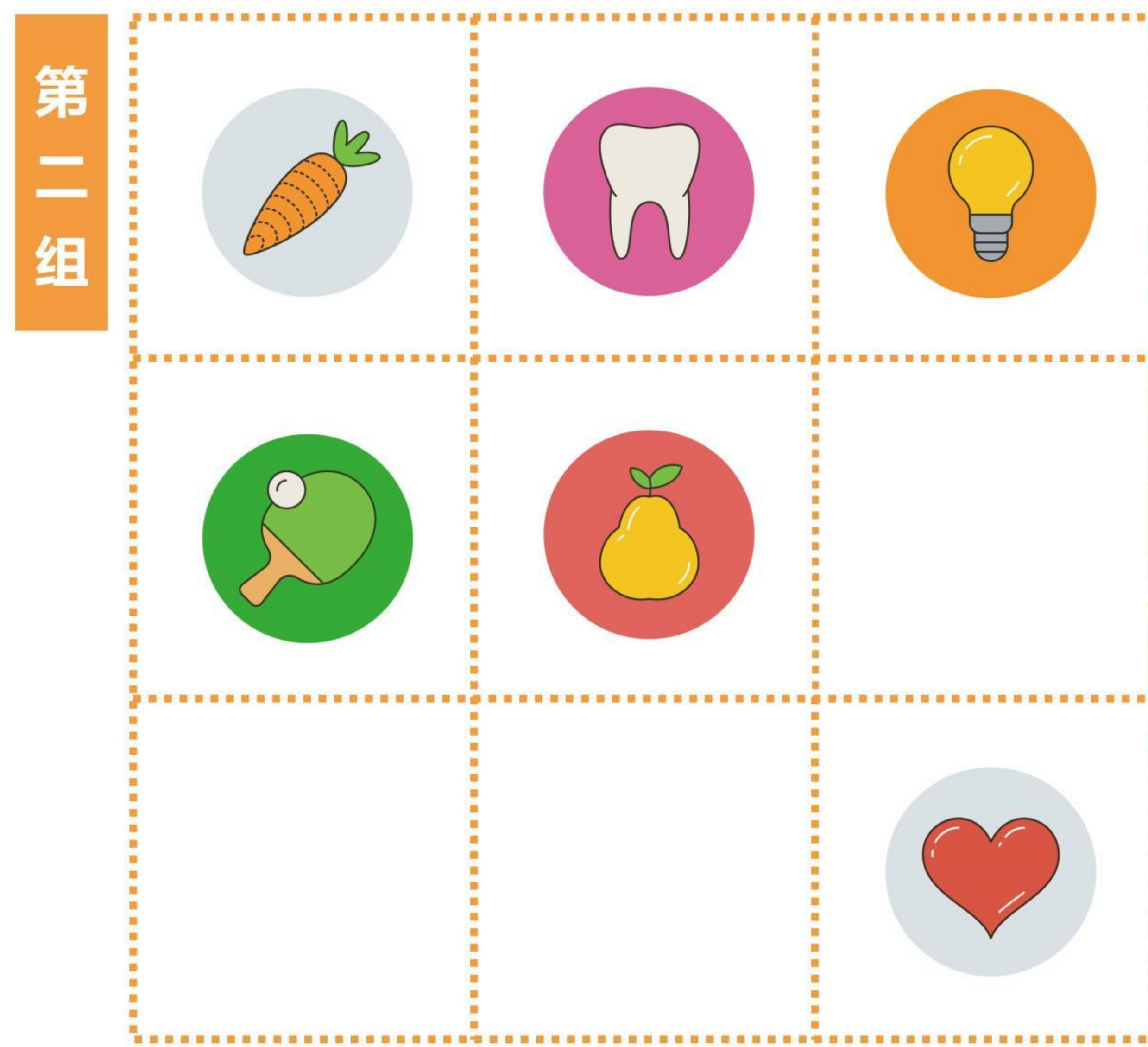
错误：

评语：



# 第 87\_3 项训练：九宫格

训练提示：请根据教案中的操作方法操作，并如实记录错误数量。



使用日期：

计时：

分

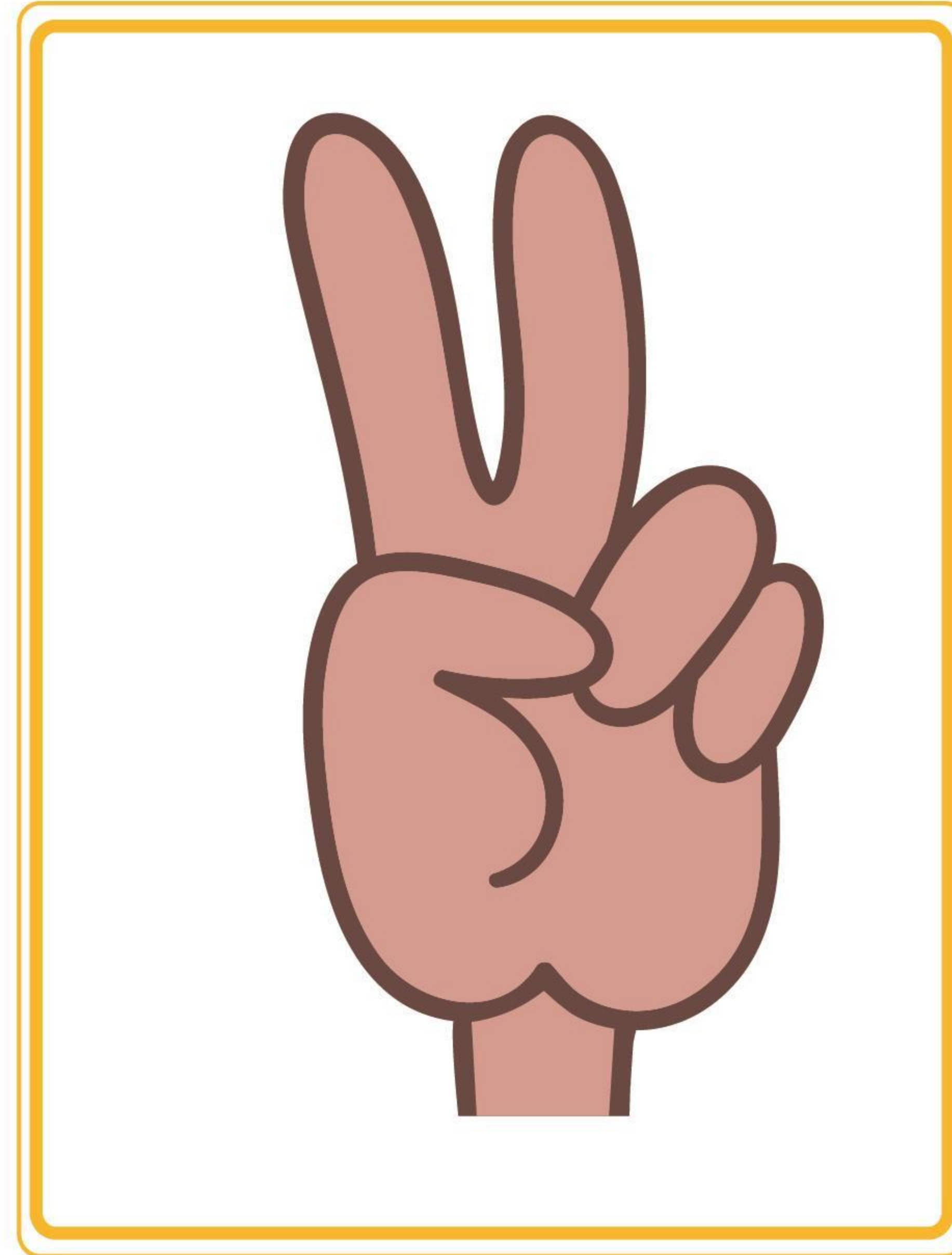
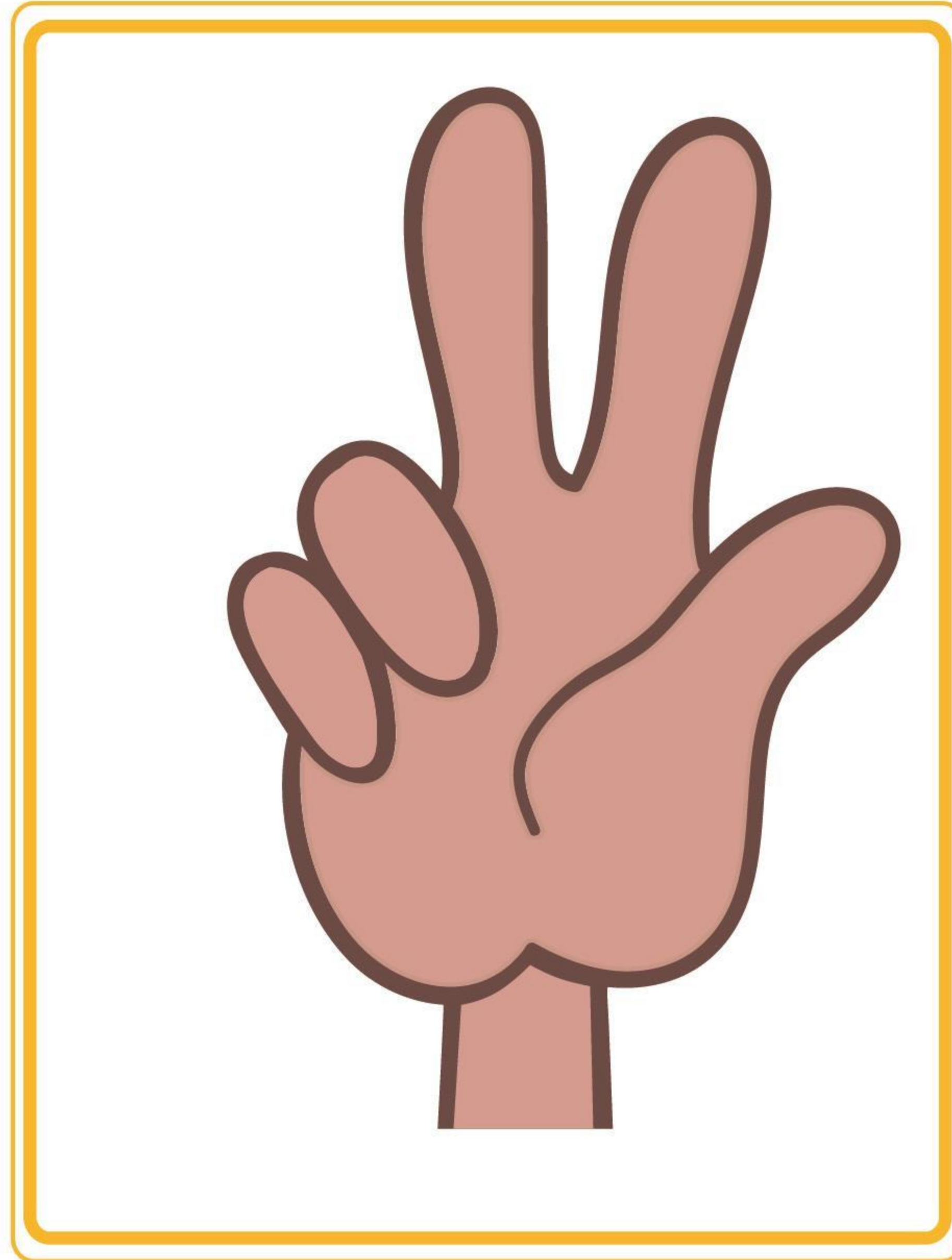
秒

错误：

评语：



# 第 87\_4 项训练：左右手位



使用日期：

计时：

分

秒

错误：

评语：