

HANDWRITING WARM UP EXERCISES

The exercises below help to prepare the upper body for handwriting tasks and can also be used to alleviate tension and pain in the writing hand. They can be used within the classroom environment and at home. Do each step gently. Don't continue if it causes discomfort.

1. Push palms together



2. Pull hands



3. Hug yourself tightly



4. Reach high with one hand, then with the other



5. Put hands either side of thighs and lift bottom off chair three times



6. Raise shoulders up



7. Pull shoulders back

8. Shake arms and hands down by sides



9. Put your arms down by sides and make a fist in both hands and then straighten fingers