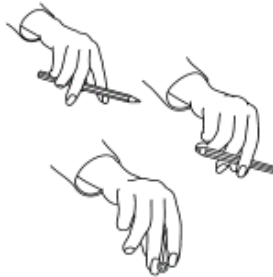


Handwriting Warm Ups and Stretches



©Physiotools

Pencil Windmill

Hold a pencil up in the air, as if you are about to write. Turn the pencil like a windmill, using only the fingers that are holding the pencil. Try clockwise 10 times and anticlockwise 10 times.



©Physiotools

Chair Push Ups

Sit on a chair with your bottom right back. Hold onto the edge of a chair. Push up on your arms to lift your bottom off the chair. Hold for 5 seconds. Relax and pause for 2 seconds. Repeat 5 times.



©Physiotools

Thumb to Finger Touching

Touch your thumb to each finger one after the other. Use only one hand. Then try both hands.



©Physiotools

Palm Press

Place the palms of your hands together, with your wrists bent up at 90 degrees. Push your palms against each other for 10 seconds. Relax and rest for 5 seconds. Repeat 5 times.



©Physiotools

Shoulder rolls

Roll your shoulders in both directions. Repeat 10 times.



©Physiotools

Reach to the sky
Arms across chest (you can do this sitting on a chair rather than standing up)
Take arms out to side with palms facing the ceiling and continue the movement so your hands meet above your head.
Reverse.

Repeat 5 times.



©Physiotools

Place your hands on your shoulders.

Make circles with your elbows.

Make 10 circles backwards

Make 10 circles forwards

Handwriting Warm Up videos for the classroom can be found on YouTube e.g. Penpals Handwriting Warm Ups (Cambridge University Press)