

HANDWRITING WARM UP EXERCISES



Handies Activity Sheets

Handwriting Warm Up Exercises

Child's Name: _____



Children with handwriting problems often experience difficulty with fine finger movements and have poor posture. A short desk based set of hand and arm activities to precede every handwriting session in the classroom would be helpful. Five minutes is quite enough - daily if possible.

Use your own ideas to vary and enhance the list if you like.

1 Shoulder Shrug

Lift shoulders up to touch your ears. Hold for 3 seconds, and then relax. Repeat this 5 times then switch to pushing your shoulder down and holding for 3 seconds. Repeat 5 times.



2 Chair Push Ups

Sit on a chair with your feet on the floor and your bottom at the back of the seat. Place your hands on the seat and push down until your bottom lifts up! Repeat.



3 Push Palms

Place both hands together, palms touching with elbows out to the side and push together. You should feel a nice stretch in your arms.



4 Pull Hands

Hook fingers together, with elbows out to the side. Pull on hands and hold for 5 seconds. Repeat.



5 Hug!

Wrap your arms around yourself and give yourself a big hug!



6 Shake Hands

Shake your hands! First to the front, then to the left, to the right, up above your head and then relax.



7 Creepy Crawlies

Place your hands on the desk. Now make your fingers wiggle like creepy crawlies! First to the front, then to the left, to the right, up above your head then relax.



8 Shooting Stars

Make fists with both hands and then spread fingers wide like shooting stars. Repeat this 10 times.



9 Stomp!

Sitting down, stomp your feet and wave your arms up in the air. You can also shout 'na na naaaa' whilst waving and stomping.

A note to teachers – this is totally in your control. It will get the children to sit correctly and the shouting lets them release energy. When you tell them to stop stomping they should have excellent sitting posture and be ready for writing. Have them do this a few times a day.

