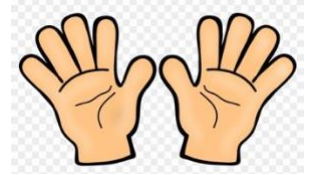


## Finger Warm Up Activities for Handwriting



### ***Put on Imaginary Gloves***

Pull on your “gloves” by applying firm pressure to the fingers and back of each hand. This provides proprioceptive and tactile feedback and prepares the muscles for movement.

### ***Finger Push-Ups***

Place the tips of your fingers together and straighten the fingers while pushing the finger tips against each other.

### ***Finger Dance***

Press each of your fingers, one at a time, onto your thumb. Get the quicker or do it to the rhythm of a song.

### ***Piano Fingers***

Drum your fingers on the table or desk as if playing the piano. Make sure each finger touches the desk. You can also work on fast vs. slow movements with this. “How slowly can you play the piano?” “How fast can you play the piano?” “Can you use both hands together to play the piano?” (works on bilateral coordination skills).

### ***Pencil Twirls***

Get your pencils out and start to twirl them in the air like a baton, spinning them both horizontally and vertically in the air. This combines some shoulder and finger exercises together.

### ***Inchworm***

Make sure your child is holding the pencil with an appropriate grasp like the tripod or quadruped grasp. Move your fingers along the pencil from tip to tip, starting at the bottom and working towards the top. Then back down to the bottom of the pencil. Make sure you are only using your writing hand for this one, do not help out with the opposite hand.

Once your child gets the hang of these activities, it should only take 5-10 minutes at the most to complete them all. Their muscles will then be all warmed up and ready for writing.