

Pre-Writing warm-up

Instructions

Pick 2-3 activities:

- 1 – Whole Body warm-ups
- 2 – Finger warm-ups

Whole Body Warm-Ups

- Push ceiling and walls
- Lean from left —hold, lean to right hold 3X
- Push down on head – 10X (pulse)
- Bounce up and down in chair 15 seconds
- Seat push-ups 5X
- Desk Push-ups 5X
- Stretch out arms/ fingers- make a fist- open fingers

Hand and Finger Warm-ups

- Wrist Stabilization
 - a) Roll a tiny ball of clay between index, middle, and thumb pads.
 - b)
 - b) Flatten small roll between pads of fingers.
 - c) Finger walking – walk fingers up and down the shaft of the pencil 5X.
 - d) Practice push/pull with pencil 5X.
- Separation of sides of hands
 - a) Snapping Fingers – 10X – arms out, over head, behind back.
 - b) Imitate various finger positions- “I love you” in sign language, etc.
 - c) Place masking tape pieces on edge of desk, pull off with fingertips of one hand, roll tape into a ball with fingertips.
- Distal Fingertips
 - a) Rotate a coin in fingertips (coin is horizontal)
 - b) Move coin from palm to fingertips and from fingertips to palm
 - c) Place a small piece of masking tape on edge of desk. Pull off with fingertips; roll into a ball, using only one hand. Repeat 5x.
 - d) Imitate various finger positions- “I love you” sign language.
 - e) Pick up as many small objects (beads, paperclips, marshmallows, and pennies) with one hand and hold in palm of hand.
 - f) On a clear sheet of paper, hold pencil in tripod grasp and make as many dots as possible in 15 seconds, repeat 2X.
 - h) On a clear sheet of paper, hold pencil in tripod grasp and make as many small circles in a row as possible in 15 seconds, repeat 2X.
 - i) Touch each finger to the thumb, pressing the thumb and finger together, repeat 5x.