

CLASSROOM HANDWRITING WARMUPS

Try these before you have your students start writing:

- Open and shut hands
- Individual finger tap on the desk – start with thumb and go to pinky – reverse back to thumb. Alternate hands and repeat
- Spread open fingers and press fingers of opposite hands together firmly
- Spread open fingers and press palms of opposite hands together firmly
- Touch fingers of opposite hands individually
- Extend arms straight out in front of body. Open/shut hands alternatively for 15 seconds
- Walk index and middle fingers forwards and backwards on desk
- Rest forearms on desk and turn palms up and down, both hands together – do 10 times (palm up then down counts as 1 time)