

OT's Top Ten List for Pre-Handwriting Exercises*

1. **Mickey Mouse Ears** - Place fists next to ears, squeeze, fingers open and close, 10-15 times.
2. **Desk Push Ups** - Hands flat on desks, thumbs and pointer tips facing each other (creating a triangle), bend elbows, nose into triangle created between hands, then up 10-15 times.
3. **Windshield Wipers** - Arms above head, cross straight arms 10 times then put bottom arm over top hand and do 10 more.
4. **Scissor Cuts** - Same as above only arms are pointed straight down with palms up.
5. **Shoulder Shrugs** - Called the "I Don't Knows" palms up shoulder shrugs towards ears, release, 10-15 times.
6. **Throw Aways** - Elbows bent, fist hands in front of shoulders, extend arms in a throwing motion, 10-15 times.
7. **Door Knob Turns** - Arms in front of you, elbows slightly bent, four fingers right next to each other, thumbs open, turn both hands toward thumbs at wrist, turn and return to mid position (not towards little finger), 10 -15 times.
8. **Good Morning America** - Hands hold opposite elbows, lift in a single motion over the head, return to waist and repeat, 10-15 times.
9. **Finger Opposition** - Hold fingers next to ears, have child touch thumb to each finger (i.e. pointer, middle, ring, pinkie) and back again, 10-15 times.
10. **Butterflies** - Hold arms straight in front of body, make an X with thumbs, palms facing out, make small circles 10 times to the right, then 10 times to the left.

Other Ideas: Donkey Kicks, Wheelbarrow Walks, Army Crawls, Itsy Bitsy Spider, Finger Shadows, Where Is Thumbkins, Finger Flicks.

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