



Handwriting Warm-Ups

1. **Desk Push-Ups** – In standing, place your hands flat on the desk so that your thumbs and pointer fingers of each hand face each other. Bend your elbows and raise and lower your chin to the desk 10 – 15 times. Make sure you bend and straighten your elbows. (If the student is unable to do these pushups for physical reasons, have them place their palms on the desk and support their weight for 10 – 15 seconds. They can rock back and forth to shift their weight.)
2. **Make a fist** with both of your hands. Open and close your hands 10 – 15 times.
3. **Shoulder Shrugs** – Called the “I don’t know’s”. With palms of the hands facing up, shrug shoulders towards your ears, then release, 10 – 15 times.
4. **Pencil Aerobics:**



- a. While holding the pencil in the writing position, bend and straighten your fingers 10 – 20 times. Keep your ring and baby fingers tucked into the palm of your hand



- b. Walk your fingers up and down the pencil shaft 10 – 20 times while keeping your ring and baby fingers tucked into the palm of your hand.



- c. Still holding the pencil in the writing position, make small circles in the air 10 – 20 times, first in one direction and then in the other. Keep your ring and baby fingers tucked into your palm and use only your thumb, index and middle fingers to move the pencil.

