



COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY DEPARTMENT

# Warm Up Activities Prior to Handwriting

**AIM:**

To warm up the joints in preparation for hand writing

**INSTRUCTION:**

Pupils are advised to complete these activities for 1 minute prior to all handwriting activities. Choose at least 3 of the activities to do daily.

ACTIVITY	EXPLANATION
1. Table Push Downs	Pupil to stand in front of table with palms flat on desk. Push down onto desk for 10 seconds.
2. Prayer Position	Pupil to hold palms together in 'prayer position'. Push hands together 10 times.
3. Chair Raises	Pupil to place their hands either side of the chair then push with their arms to lift their bottom off the chair. Gradually increase repetitions up to a total of 12.
4. Hand Pulls	Pupil to link finger tips together then attempt to pull them apart (see below) For count of 10 seconds.
5. Wall Push-Ups	Pupils to face wall at arms length, stretch out arms place hands flat on wall, shoulders level keeping body straight bend arms until nose touches wall – extend arms until body is upright again. Repeat 10 times.



Prayer Position



← Hand Pulls →