

Handwriting Warm-Up

Fine Motor Exercises



Handwriting Warm-Up Fine Motor Exercises

1

- Make sure you are sitting comfortably and upright.
- Place your fingertips together.
- Press your fingers together, as if they are doing “push ups” against each other.
- Repeat a number of times.



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2

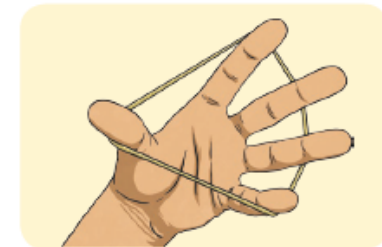
- Put the palms of your hands together.
- Now push them against one another.
- Fold your fingers around one another.
- Try to pull them apart.
- Repeat a number of times.



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3

- Find a range of different sized rubber bands.
- Carefully, loop them between your fingers.
- Then stretch your fingers out and back in.
- Hold the position for five seconds.
- Repeat five times.



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4

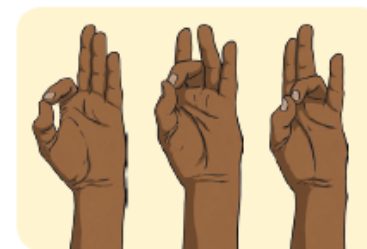
- Use a small ball which you can hold with 2 fingers and a thumb.
- Roll the ball up and down your arm, leg or torso without dropping it.
- Keep the movement slow but constant.
- Try walking the ball down your leg. That is really tricky!



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5

- Open your hand out so that the gap between the thumb and the forefinger form an L shape.
- Touch the thumb to the forefinger and press.
- Stretch open the hand.
- Then touch the thumb to the middle finger and press.
- Stretch open the hand.
- Press the thumb together with the third finger.
- Stretch open the hand.
- Press the thumb to the little finger.
- Stretch open the hand.
- Repeat five times.



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6

- Hold a pencil in your 'writing' hand.
- Gradually move your fingers up to the top of the pencil without dropping it.
- Then flip the pencil over, and move your fingers back from the top to bottom.
- Repeat five times.

