Hand warm-ups before writing

Name _____

Card for parents and teachers

One or two minutes before writing. Do them together; make it a game.

1. **Shake it out** ☐
   Shake your hands like you are drying them, fast and then slow.

2. **Palm press** ☐
   Press your palms together in front of your chest and count to five. Relax. Do it three times.

3. **Finger walk** ☐
   Walk your fingers up a pencil from the end to the tip, then back down.

4. **Spider push-ups** ☐
   Fingertips together, push and relax five times.

5. **Roll a ball** ☐
   Roll a small ball of playdough between thumb and two fingers.

Warm-ups are a fun start, not a treatment. Real handwriting progress comes from practising letters. If writing hurts, talk to your doctor or an occupational therapist.

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