

HANDS UP FOR HANDWRITING

a quick 'workout' sitting at tables

Children with handwriting problems often experience difficulty with fine hand movements sometimes because of purely physical control, sometimes due to poor perception of various sorts. A short "desk based" set of hand and arm activities to proceed every handwriting session in the classroom would be helpful.

Three or five minutes is quite enough - daily if possible. Use your own ideas to vary and enhance the list as you like.

Ann Markee

1.

Good sitting position: feet flat, back straight, head tall, bottom back on chair

- Sit on hands then sit on one & wave the other
- Hold edge of chair (2 hands)
Push self up - lean right & lean left
- Lift (shrug) 2 shoulders, 1 shoulder
Lift alternate shoulders
- Shake both hands in the air, then shake one.
Shake up, down, fast, slow, one hand still, one handshake
- Hands on table, talk about them
Name them, name the fingers, thumbs, touch them
- Shake hands with neighbour

2

- Make 2 fists (hands on table)
Straighten arms (elbows off table)
Are hands level?
Thumbs out then in
Pull fists towards you
Hide thumbs under table
- Stretch arms again (keep fists)
- Lift 2 arms up to shoulder level
Lift 1 arm up, keeping the other down
- Move arms in, out, cross them
Turn them over, fingers up
Bend elbows, thumbs on top
Thumbs in, out, wriggle them
- Clap 2 fists together
Climb fists upwards (thumbs in) as in 1 potato, 2 potatoes..

3.

- Make 2 flat hands (thumbs out)
Spread fingers (thumbs touching)
Close fingers and thumbs
Turn them over (touching little fingers)
- Stand flat hands up (thumbs up)
Put 1 on the other and cross them
- Lift flat hands & straight arms
One higher, one lower, one up, one still
- Make a V with 2 flat hands, rest chin in it
Make a ^ with hands, put on head
Push down on head
- Clap hands, then thighs to rhythms
Increase complexity

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<p>4.</p> <ul style="list-style-type: none"> • Make 1 fist, 1 flat hand, change. Touch body parts with fist, flat hand Lift from table - shoulder level Lift one, keep the other still • 2 fists on shoulders - 2 flat hands on table, cross them Clap fist on flat hand, change Make rhythms this way • Clasp 2 hands together, make a clapping noise • Interlock fingers, stretch forwards, sideways circle them, Put them behind your head, push palms forward • Flat hands & elbows together on table, slide elbows out wrists down, hands stay together • Play here is the church / steeple 	<p>5.</p> <ul style="list-style-type: none"> • Rub hands together (fronts & backs) • Hands flat on table, tap thumbs tap all fingers Tap individual, named fingers • Make clasped hands again Press all fingertips and thumbs together Move them (pressed together) • Make hoops finger & thumb & other fingers Look through them (glasses, monocle) • Hold ears with finger & thumb Cross arms & hold ears Cross arms & hold nose • Finger games eg Incy Wincy spider
<p>6</p> <ul style="list-style-type: none"> • Use cardboard tubes or small sticks Grasp with 2 hands (thumbs under) Stretch forwards, back, sideways Lift up, behind head, down • Hold with thumb under on 1 hand, over on the other Change • Hold 2 tubes or sticks Stand them up, turn them over Tilt them sideways • Lift alternate tubes Use chopsticks or pencils in a pincer grasp Twiddle and twirl • Walk fingers up and down 	<p>7.</p> <ul style="list-style-type: none"> • Name fingers again • Touch 2 Peter Pointers (1st finger Put him in/out from a fist Repeat with elbows stretched • Peter Pointer points patterns in the air, on the table, on other hand etc • Touch 1st 2 fingers with thumb Touch 3rd&4th finger with thumb Alternate the two • Hold soft leaded pencil, talk about grasp • Draw round your hand, naming fingers • Chant rhythmic patterns onto paper VVVVV mmmm uuuuuu etc.