

# Getting Ready for Writing

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Physical Disabilities Team

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**North  
Lincolnshire  
Council**

# Getting Ready for Writing

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## Work Out 1.

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- Sit on your hands – sit on one, wave the other.
- Hold the edge of the chair (2 hands). Push yourself up – lean right and lean left.
- Lift (shrug) 2 shoulders, then 1 shoulder. Lift alternate shoulders.
- Shake 2 hands in the air then shake 1.
- Shake up, down, fast, slow, one hand still, one hand shake.
- Hands on table, talk about them. Name them, name the fingers, thumbs. Touch them.
- Shake hands with the person next to you

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## Work Out 2.

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- 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 the 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, and cross them.
- Turn them over with 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.

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## Work Out 3.

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- Make 2 flat hands (thumbs out).
- Spread fingers (thumbs touching).
- Close fingers and thumbs.
- Turn them over (touch little fingers), stand flat hands up (thumbs up).
- Put 1 hand on the other and cross them.
- Lift hands and straight arms.
- One higher, one lower, one up, one still.
- Make a V with 2 flat hands.
- Rest chin in it.
- Make a  $\wedge$  with hands, put on head.
- Clap hands to rhythms. Simple... Hard.
- Clap hands then thighs to rhythms.
- Increase complexity.

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## Work Out 4.

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- Make 1 fist, 1 flat hand, change.
- Touch body parts with fist, flat hand.
- Lift from table – shoulder level.
- Lift 1 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 and elbows together on table, slide elbows out wrists down, hands stay together.
- Church/steeple etc.

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## Work Out 5.

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- Rub hands together (fronts and backs).
- Hands flat on table, thumbs up, tap all fingers.
- Tap individual, named fingers.
- Make clasped hands again.
- Press all finger tips and thumbs together.
- Move them (pressed together).
- Make hoops, finger and thumb.
- Pincer grasp.
- Make hoops finger and thumb and other fingers.
- Look through them (glasses, monocle).
- Hold ears with finger and thumb.
- Cross arms and hold ears.
- One hand, hold nose.
- Finger games e.g.: incy wincy spider

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## Work Out 6.

- 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 the other.
- Change.
- Hold 2 tubes or sticks.
- Stand them up, turn them over.
- Tilt them sideways.
- Lift alternate tubes.
- Use chopsticks or pencils and pincer grasp.
- Twiddle and twirl.
- Walk fingers up and down etc.



# Getting Ready for Writing

## Work Out 7.

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- Name fingers again.
- Link on the other hand.
- Touch 2 Peter Pointers.
- Put him in/out from a fist.
- Repeat with elbows stretched.
- Peter Pointer points patterns in the air.
- ->on the table, on your hands etc.
- Touch 1st hand 2 fingers and thumb.
- Hold soft leaded pencil -> talk about grasp.
- Chant rhythmic patterns on paper,  
Mmmmmmmmm wwwwwwwwwww
- To finish draw round your hand naming fingers.



## **Getting ready for writing!**

### **A quick 'Workout' Sitting at Tables**

Children with handwriting problems often experience difficulty with fine hand movements. This workout is a short 'desk based' set of hand and arm activities to be completed before a handwriting session to help wake up and warm up muscles, so that they are ready to go.

Five minutes is quite enough – daily if possible. Feel free to use your own ideas to vary and enhance as you like.

#### **Getting in a good sitting position**

##### **Ask the children to check ...**

Is their back straight?

Head tall?

Bottom on the back of the chair?

Feet flat on the floor?