

Hands up for Handwriting

a quick 'workout' sitting at tables page 1

<p><i>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 precede every handwriting session in the classroom would be helpful.</i></p> <p><i>Three or five minutes is quite enough - daily if possible. Use your own ideas to vary and enhance the list as you like.</i></p> <p style="text-align: right;"><i>Ann Markee</i></p>	<p>1.</p> <p>Good sitting position: feet flat, back straight, head tall, bottom back on chair</p> <ul style="list-style-type: none"> • 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 hand shake • Hands on table, talk about them Name them, name the fingers, thumbs, touch them • Shake hands with neighbour
<p>2</p> <ul style="list-style-type: none"> • 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. 	<p>3.</p> <ul style="list-style-type: none"> • 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 finger tips 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 uuuuuuu etc.