

Warm up Ideas

Before beginning writing, warm up with one or two of the following activities:

- Clean the black board or white board.
- Play 'Monkey Grips'-hook the fingers of both hands together and try to pull apart.
- Play 'Church Steeple'- place the finger tips of both hands against each other and push together.
- Pretend to push hands against an imaginary wall. Pretend to hold a very heavy weight above your head. Pretend to stretch out an enormous rubber band.
- Gently pulling and pushing each finger in turn- 'putting on your magic writing gloves'.
- Drumming on the desk or table with all fingers rhythmically- 'like galloping brumbies'.
- Alternately opening each hand wide spreading the fingers right out then closing into a fist. This is alternated with the opposite hand so one hand is open and one hand is shut.
- Rapidly shaking the hands and fingers.
- Place hands together as if praying and push hands together for 5 secs. Pull apart and repeat.
- Rub hands together or on upper legs to warm them up ie. long fingers and palms together
- Open and close hands slowly and emphasise long fingers.
- Place hands on legs or table and push down for 5 secs then release.
- Make hands crawl along the table 'like a caterpillar'. Place the hand flat on the table then bend only at the MCP or knuckle joints of the fingers, keeping the IP or small finger joints straight. The finger tips are kept still so that the heel of the hand is moved forwards. The heel of the hand is then kept still, the finger tips pushed forwards and the hand flattened again.
- Play 'tug of war' by placing a sheet of paper between the index and middle fingers of each hand and pulling apart.
- Clapping and stamping songs and games.
- Shake hands to relax.