


Handwriting warm ups



Play 'Monkey Grips' – hook the fingers of both hands together and try to pull apart. Gently pulling and pushing each finger in turn – 'putting on your magic writing gloves'.

Drumming on the desk or table with all fingers rhythmically.

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.

Rub hands together or on upper legs to warm them up i.e. long fingers and palms together

Clapping and stamping songs and games.

Thumb war – make sure the learners keep their forearm and pinkie side of the hand on the table.

