**Warm-Up Activities**

The following exercises will prepare a child for fine motor activities and handwriting. They are most effective when completed prior to any fine motor activity.

**Shoulder Warm-Ups**

***Shoulder Shrugs:***

Shrug the shoulders forward, then backward.

***Crocodile Snaps:***

Start with one arm straight above the head and the other extended down one side of the body. Then snap the hands together meeting above the head, like a crocodile snapping its jaws. Repeat reversing the arm positions.

***Air-traffic Controller:***

Start with the elbows bent and the hands in a fist in front of each shoulder. Straighten the elbows moving one arm out to the front of the body and the other arm to the side of the body. Alternate movements.

***Butterflies:***

Begin with the arms extended straight in front of the body. Link the thumbs to make an “x” and turn the palms to face out. Using the shoulder only, make small circles with the hands, moving the hands to the left and right in unison (the fingers should lie side by side and are not moving - the movement is coming from the shoulders).

***Chair push-ups:***

Begin by sitting up straight in the chair with hands gripping the sides of the chair, thumbs facing forwards and the fingers pressing against the underside of the chair. Using the strength in the arms, push the bottom up from the chair. The feet should also come up off of the floor.

***Desk push-ups:***

Start with the hands flat on the desk. Place the tips of the thumbs and index fingers facing each other to create a triangle. Bend the elbows to bring the nose towards the triangle and then push with the arms to straighten the elbows again.

**Finger Warm-Ups**

***Put on imaginary writing gloves:***

Pretend to pull on gloves or mittens, applying firm pressure to the fingers and back of the palm of each hand. This exercise provides proprioceptive feedback and prepares the muscles for movement.

***Spider Push-Ups:***

Place the finger tips together and bend and straighten the fingers while pushing the finger tips against each other.

***Pencil Olympics:***

Twirl the pencil like a baton, spinning it both horizontally and vertically.

***Inchworm:***

Using a tripod grip, move the fingers along the pencil from one end to the other. Do not use the other hand to help support the pencil.

***Piano Fingers:***

Drum the fingers on a desk as if playing a piano. Make sure each fingertip touches the desk.