

5 HANDWRITING WARM UP EXERCISES



1. **Chair Push Ups:** Sit up tall in the chair with your feet on the floor. Place your hands on the side of the chair and lift your body up. Slowly lower your body back into the chair. Repeat 10 times.



2. **Desk Push Ups:** Sit up tall in the chair with your feet on the floor. Place your hands and forearms on the top of the desk. Lean your face down towards your hands and push your forearms into the desk top as you sit back up. Repeat 10 times.



3. **Push and Pull:** Sit up straight in the chair with your feet on the floor. Put your palms together and push for 5 seconds. Clasp your fingers together and try to pull apart for 5 seconds. Repeat 3 times.



4. **Finger Push Ups:** Sit up tall in the chair with your feet flat on the floor. Place your fingertips together. Bend and straighten your fingers keeping the fingertips together the whole time. Repeat 10 times.



5. **Finger Pulls:** Sit in the chair with your feet flat on the floor. Grab each finger, one at a time, and gently squeeze and pull the finger. Squeeze and pull each finger and thumb on your hands.