

## HAND AEROBICS

A quick 'workout' sitting at tables

Children with handwriting problems often experience difficulty with fine motor 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. Five minutes is quite enough – daily if possible. Use your own ideas to vary and enhance the list as you like.

<p>1.</p> <ul style="list-style-type: none"><li>• <b>Good sitting position, feet flat back straight, head tall</b></li><li>• <b>Bottom back on chair</b></li><li>• Sit on hands&gt;sit on one, wave the other</li><li>• Hold edge of chair (2 hands)</li><li>• Push self up – lean right, lean left</li><li>• Lift (shrug) 2 shoulders, 1 shoulder</li><li>• Lift alternate shoulders</li><li>• Shake 2 hands in the air &gt; shake 1</li><li>• Shake up, down, fast, slow one hand still, one hand shake</li><li>• Hands on table, talk about them</li><li>• Name them, name the fingers, thumbs</li><li>• Touch them</li><li>• Shake hands with neighbour</li></ul>	<p>2.</p> <ul style="list-style-type: none"><li>• Make 2 fists (hand on table)</li><li>• Straighten arms (elbows off table)</li><li>• Are hands level?</li><li>• Thumbs out then in</li><li>• Pull fists towards you</li><li>• Hide thumbs under table</li><li>• Stretch arms again (keep fists)</li><li>• Lift 2 arms up to shoulder level</li><li>• Lift arm up, keeping the other down</li><li>• Move arms in, out, cross them</li><li>• Turn them over, fingers up</li><li>• Bend elbows, thumbs on top</li><li>• Thumbs in, out, wriggle them</li><li>• Clap 2 fists together</li><li>• Climb fists upwards(thumbs in) as in 1 potato, 2 potatoes</li></ul>
<p>3.</p> <ul style="list-style-type: none"><li>• Make 2 flat hands (thumbs out)</li><li>• Spread fingers (thumbs touching)</li><li>• Close fingers and thumbs</li><li>• Turn them over (touch little fingers)</li><li>• Stand flat hands up (thumbs up)</li><li>• Put 1 on the other and cross them</li><li>• Lift flat hands and straight arms</li><li>• One higher, one lower, one up one still</li><li>• Make a V with 2 flat hands, rest chin in it</li><li>• Make a ^ with hands, put on head</li><li>• Clap hands to rhythms, simple – hard</li><li>• Clap hands then thighs to rhythms</li><li>• Increase complexity</li><li>• In 2s' my mother said' etc</li></ul>	<p>4.</p> <ul style="list-style-type: none"><li>• Make 1 fist hand, 1 flat hand, change</li><li>• Touch body parts with fist, flat hand</li><li>• Lift from the table –shoulder level</li><li>• Lift one keep the other still</li><li>• 2 fists on shoulders – 2 flat hands on table, cross them</li><li>• Clap fist on flat hand, change</li><li>• Make rhythms this way</li><li>• Clasp 2 hands together, make a clapping noise</li><li>• Interlock fingers</li><li>• Stretch forwards, sideways circle them</li><li>• Put them behind your head, push palms forward</li><li>• Flat hands and elbows together on table, slide elbows out, wrists down, hands stay together</li><li>• Church/steeple etc</li></ul>

<p>5.</p> <ul style="list-style-type: none"> <li>• Rub hands together (fronts and backs)</li> <li>• Hands flat on table, tap thumbs tap all fingers</li> <li>• Tap individual, named fingers</li> <li>• Make clasped hands again</li> <li>• Press all finger tips and thumbs together</li> <li>• Move them (pressed together)</li> <li>• Make hoops, fingers and thumb</li> <li>• Pincer grasp</li> <li>• Make hoops finger and thumb and other fingers</li> <li>• Look through them (glasses, monocle!)</li> <li>• Hold ears with finger and thumb</li> <li>• Cross arms and hold ears</li> <li>• One hand, hold nose</li> <li>• Finger games eg Incy Windy Spider</li> </ul>	<p>6.</p> <ul style="list-style-type: none"> <li>• Use cardboard tubes or small sticks</li> <li>• Grasp with 2 hands (thumbs under)</li> <li>• Stretch forwards, back, sideways</li> <li>• Lift up, behind head, down</li> <li>• Hold with thumb under on 1 hand, over on the other</li> <li>• Hold 2 tubes or sticks</li> <li>• Stand them up, turn them over</li> <li>• Tilt them sideways</li> <li>• Lift alternate tubes</li> <li>• Use chopsticks or pencils and pincer grasp</li> <li>• Twiddle and twirl</li> <li>• Walk fingers up and down etc</li> </ul>
--	--

<p>7.</p> <ul style="list-style-type: none"> <li>• Name fingers again</li> <li>• Link on the other hand</li> <li>• Touch 2 Peter Pointers</li> <li>• Put him in/out from a fist</li> <li>• Repeat with elbows stretched</li> <li>• Peter Pointer points patterns in the air &gt; on the table, on your hand etc</li> <li>• Touch 1<sup>st</sup> 2 finger and thumb</li> <li>• Hold soft leaded pencil &gt; talk about grasp</li> <li>• Chant rhythmic patterns on paper</li> </ul> <ul style="list-style-type: none"> <li>• Now start writing!</li> <li>• To finish draw round your hands, naming fingers</li> </ul>	<p><b>To develop sensory feedback from the joints in the hands and arms prior to writing activities:</b></p> <ul style="list-style-type: none"> <li>• Seated on the chair hold the edge of the seat and take weight of body through hands and arms.</li> <li>• Pressing palms of hands together exerting as much pressure as possible</li> <li>• Pushing against a tray with partner</li> <li>• Push offs against the wall</li> <li>• Press ups</li> <li>• Tug of war type activities</li> </ul>
---	--

Reproduced from suggestions by Ann Markee and Maggie Wagstaff