

Pre-Writing Warm Up Exercises

Activity Schedule Ideas	Shoulder Stability Activities	Crossing the Mid-line Activities	Wrist Activities	Thumb & Finger Activities	Whole Hand Activities
1	Hand Pushes (Card 1)	Lazy 8 (Card 2)	Wrist Circles (Card 3)	Circles (Card 4)	Walk & Flip (Card 5)
2	Chair Pushes (Card 6)	Butterflies (Card 7)	Door Knob Turns (Card 8)	Tips Only (Card 9)	Baton Twirl (Card 10)
3	Up We Go (Card 11)	Macarena (Card 12)	Wrist Lifts (Card 13)	Bow Politely (Card 14)	Rolling Pencil (Card 15)
4	"I Don't Know!" (Card 16)	Scissor Cuts (Card 17)	Heel Swing (Card 18)	Finger Bend (Card 19)	Super Hands (Card 20)
5	Desk Push Ups (Card 21)	Paper Chase (Card 22)	Wrist Circles (Card 3)	Finger Walk (Card 23)	Walk & Flip (Card 5)
6	Bear Hug (Card 24)	Windscreen Wipers (Card 25)	Wrist Lifts (Card 13)	Finger Twirls (Card 26)	Baton Twirl (Card 10)