

## RISE NI

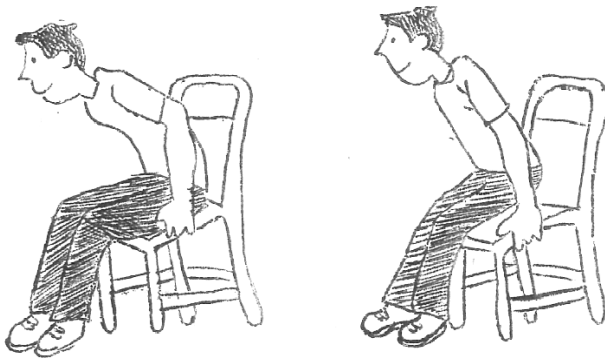
### Handwriting Warm up Exercises

These exercises provide deep pressure input into the muscles and joints to help wake them up and get ready to write/draw.

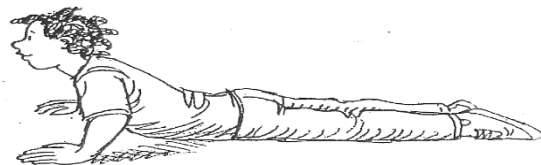
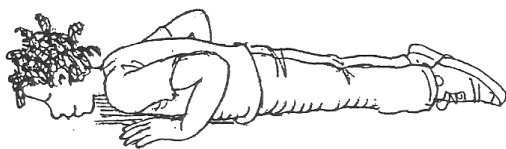
They can be done on an individual basis or with a group

Repeat each one 5-10 times.

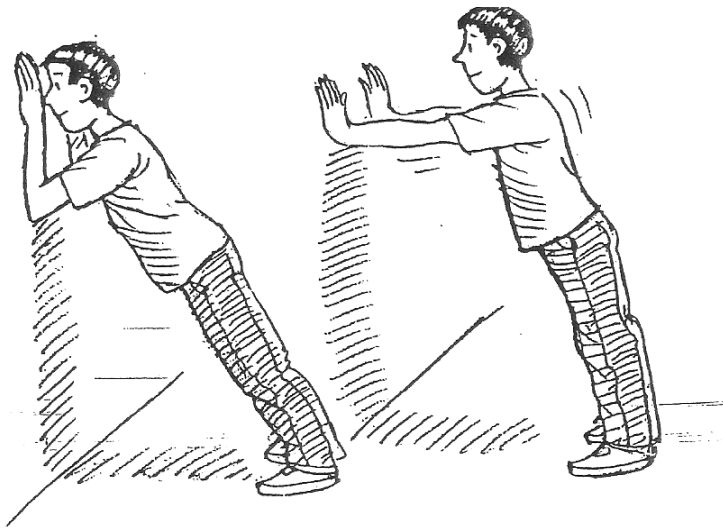
#### Chair push ups



#### ½ Press ups



Wall press ups



Press hands on head



Press hands together in the prayer position- forearm should be horizontal



Finger hooks



Stretch arms up into the air



Stretch arms out in front of you



Give yourself a big hug



Stretch legs out in front and point your toes away from your body

Stretch legs out in front and point your toes towards your body

Shoulder shrugs



Mickey Mouse ears – squeeze and stretch as tightly as you can.



Shoulder spirals

