

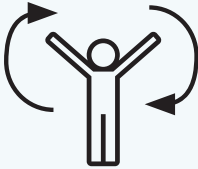
# ENCOURAGING A WHOLE BODY APPROACH TO HANDWRITING

## About this resource


Handwriting needs stability from the whole body and does not just involve hand muscles. If a pupil has poor core stability or weak shoulder and arm muscles this will put added pressure on their hand and mean they tire quicker. Spending five minutes working on their whole-body strength will not only invigorate but will, hopefully, lead to increased stamina for writing.

**SUGGESTED EXERCISES**


**Big arm circles** decreasing in size before getting bigger again. Repeat 2 or 3 times.




**Coin or counter manipulation** – flip a coin or counter between fore finger, middle finger and thumb




**Wall press ups** (between 5-10)




**Creepy crawlly** – this one is a bit of fun but exercises the thumb and fingers in isolation from the wrist. Roll out 6 or 7 squares of toilet paper and using only the thumb, scoop the toilet roll as quickly as you can, you can also try it with just the fingers. The important element is to not move the wrist from the table.



If you have a recycling box in the classroom, encourage the children to **scrunch the paper** into tiny balls to activate their hand muscles.



**Chair press ups** (between 5-10)

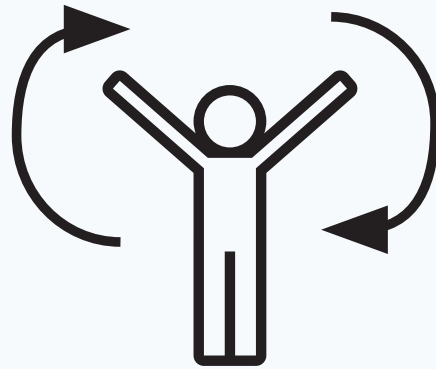


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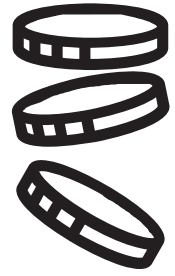
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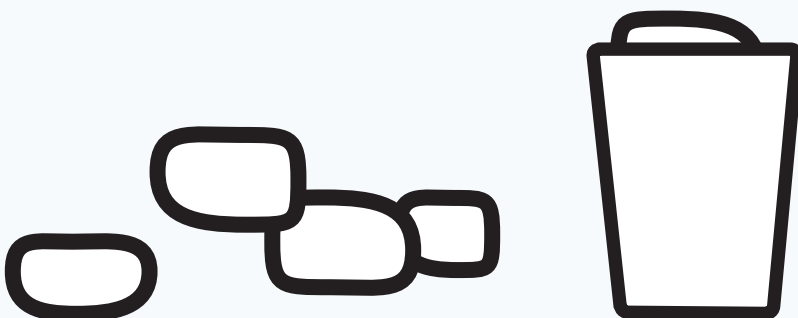
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