skills on the hill pediatric therapy

Handwriting Warm-Ups Before Homework

6 quick exercises to get little hands ready to write

Handwriting takes strength, coordination, and control - and cold, tired hands don't do their best work. Two minutes of warm-ups can mean neater letters and less frustration. Try these before homework.

NOTICE | TRY | BUILD | CONNECT | GROW

Wake up the hands

Rub palms together fast, squish playdough, squeeze a stress ball ten times

Build the arch

Pick up beads or cereal with fingertips or tweezers

Crumple paper into a tight ball with one hand

Warm up the wrist

Draw big circles and figure-8s in the air; do wall push-ups

"Spider-ups" - walk fingertips up a wall

Cross the midline

Touch opposite knee and elbow; paint big rainbow arcs; toss a ball hand to hand

Practice the grip

Pinch clothespins, use a small broken crayon (forces a tripod grasp), thread a lace

Posture check

Feet flat, table at elbow height, paper tilted, helper hand holding the page

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.