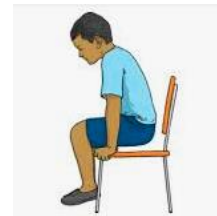

Fine Motor Warm-Up Activities

Core, Shoulders, Arms, and Wrists (Choose at least one):

1. **Sitting push-ups** (from floor/chair): Students put their hands beside their thighs and lean forward. They push themselves upward by contracting their abdominal muscles. Hold for 1-2 seconds and lower slowly.



2. **Table press**: Students place their hands palms down on their tables/desks. They bear their body weight onto their palms for a count of five.

3. **Hand press**: Students put their hands together at midline with their fingers pointing up and their elbows out. They press their hands together for 3 seconds, possibly imagining their energy forming a ball that floats upward when they slowly release their hands.

4. **Tractor pulls**: Students hook their fingers together with their elbows out and pull for 3 seconds. Then, they change hand positions (so their other hand is on top) and pull for 3 seconds.



Hands and Fingers (Choose at least two):

1. **Spider push-ups**: Students put their hands together at midline, spreading their fingers, and matching their fingers and thumbs. They press their fingers together to flatten them. Then, they move into a rounded, flexed finger position while maintaining pressure. Repeat five times.



2. **Finger lifts**: Students put their hands flat on the floor and lift one digit at a time, starting with their thumbs. Repeat, starting with their pinkie fingers.

3. Finger tugs: With their elbows out, students hook their thumbs together and pull. Then, they hook each pair of fingers together and pull (i.e. from index fingers to pinkie fingers.)

4. Finger circles: Students make circles by touching each of their fingers to their thumbs. They can use one hand at a time or use their hands together. They can try making circles with their eyes closed.

5. Bead games:

a) Students make a line of five small beads on the floor, with some space between each bead. Using their dominant hands, they touch their thumbs and each of their fingers to the beads, one at a time (like playing a piano.)

b) Students then use their thumb and index finger to pick up one bead at a time (i.e. pincer grasp) and move it into their palms where they hold it with their ring and pinkie fingers. They try to collect all five beads in this manner.

c) Students hold one bead with their ring/pinkie fingers and then attempt to move it back to a pincer grasp with their index finger and thumb without helping with their other hand.