

# Hand Warm Up Exercises

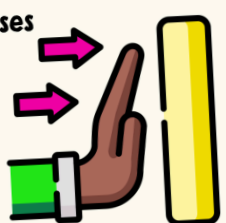
*Fine motor skills activities for getting the fingers and hands ready for writing.*

*18 activities to help prepare the hands for activity by activating the muscles and improving sensory awareness.*



Hand warm up exercises

### Wall presses



With both hand, push against the wall. Hold for 5 seconds.  
Repeat 3 times.

Hand warm up exercises

### Finger pressups



Place your finger tips together and pulsate your fingers 10 times.

Hand warm up exercises

### Hand pushes



Place both hands together with one thumb on top of another (like your holding your own hand). Push the heel of your hands together and then pull apart but do not allow your fingers to part. Repeat 10 times, holding each pull for 1 second.



## Finger Warm-Ups for Writing Success

Before children can write with control, comfort and confidence, their hands need to be ready.

Just like athletes warm up their muscles before sport, children benefit from preparing the small muscles in their hands and fingers before writing tasks. These simple, fun activities are designed to wake up the hands, strengthen key muscle groups and improve coordination, setting children up for successful handwriting and sustained engagement.

### Why Warm Up Fingers Before Writing?

#### Improves Hand Strength

Strong finger and hand muscles support pencil grip, letter formation and writing stamina. Warm-ups build the small intrinsic muscles of the hand that are essential for neat, controlled handwriting.

#### Enhances Brain-Hand Connection

Fine motor activities activate neural pathways between the brain and hands, improving coordination, motor planning and precision, all crucial for fluent writing.

#### Develops Control and Dexterity

Isolated finger movements help children refine control, accuracy and in-hand manipulation skills needed for shaping letters and maintaining consistent size and spacing.

#### Builds Writing Endurance

Warm muscles fatigue less quickly. Preparing the hands reduces strain and discomfort, allowing children to focus for longer periods.

#### Increases Engagement and Readiness to Learn

Movement helps children regulate their bodies and attention. These quick activities provide sensory input, improve focus, and signal that it is time to transition into learning.

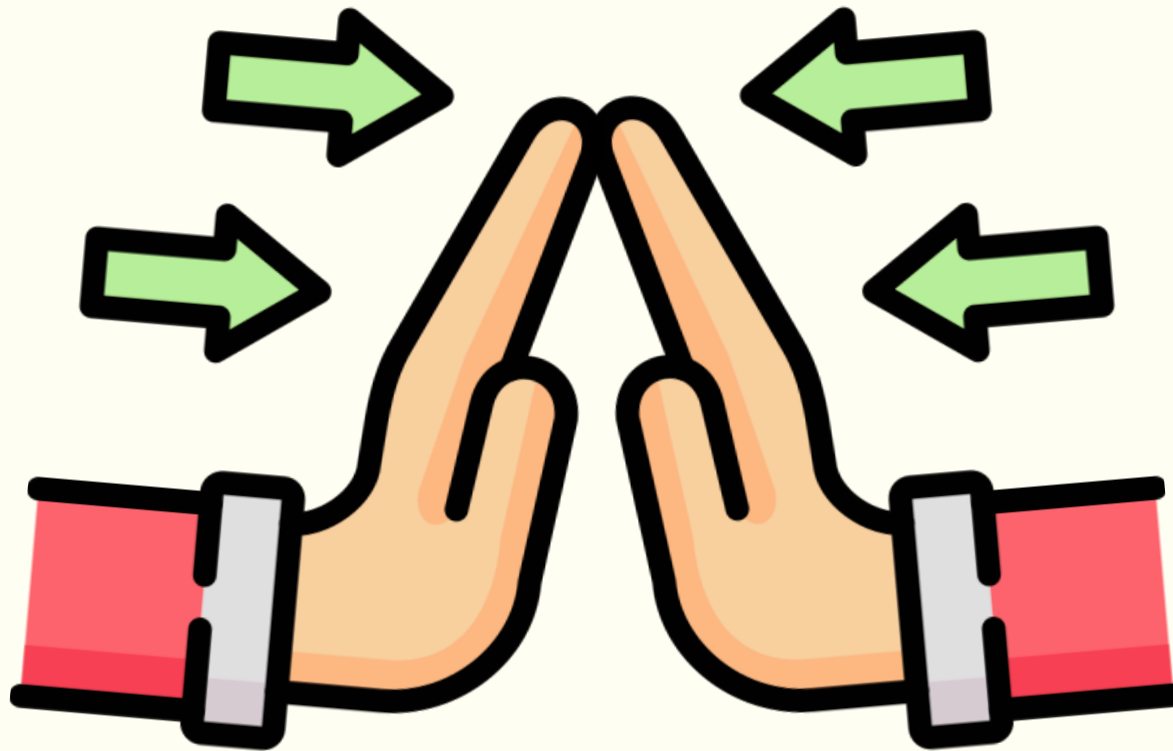
#### How to Use This Pack

- Choose 2-4 activities before any writing session.
- Keep it short and energetic (3-5 minutes).
- Encourage equal use of both hands.
- Focus on effort and enjoyment, not perfection.

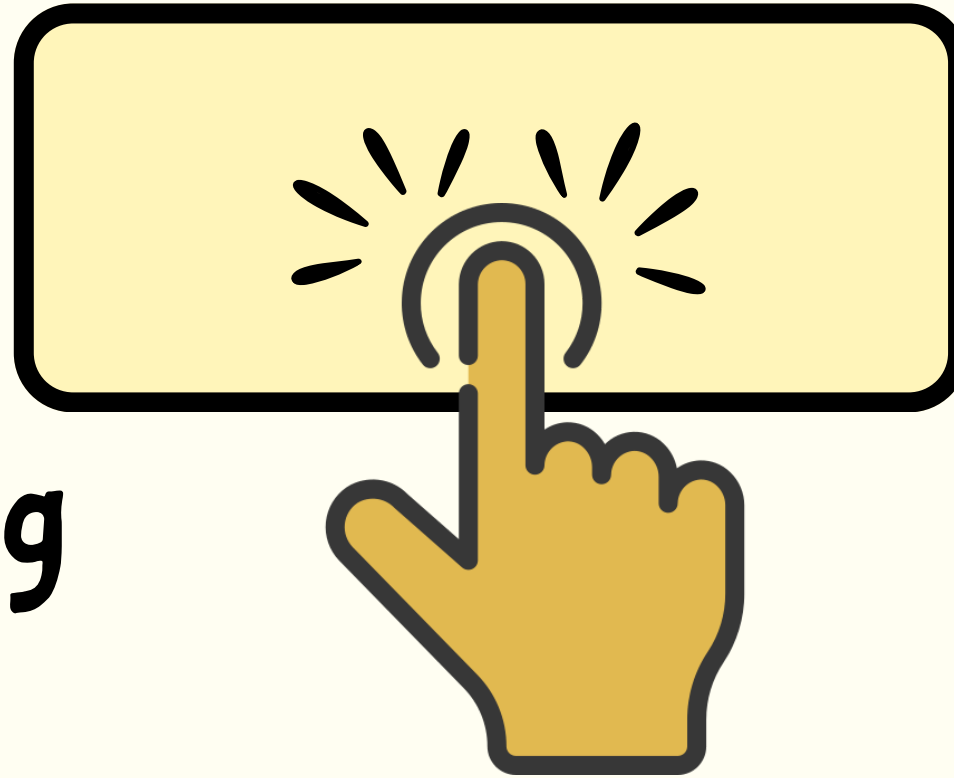
Consistent use of finger warm-ups can significantly improve handwriting quality, confidence and participation in written tasks. Strong fingers support strong writers.



## Finger pressups



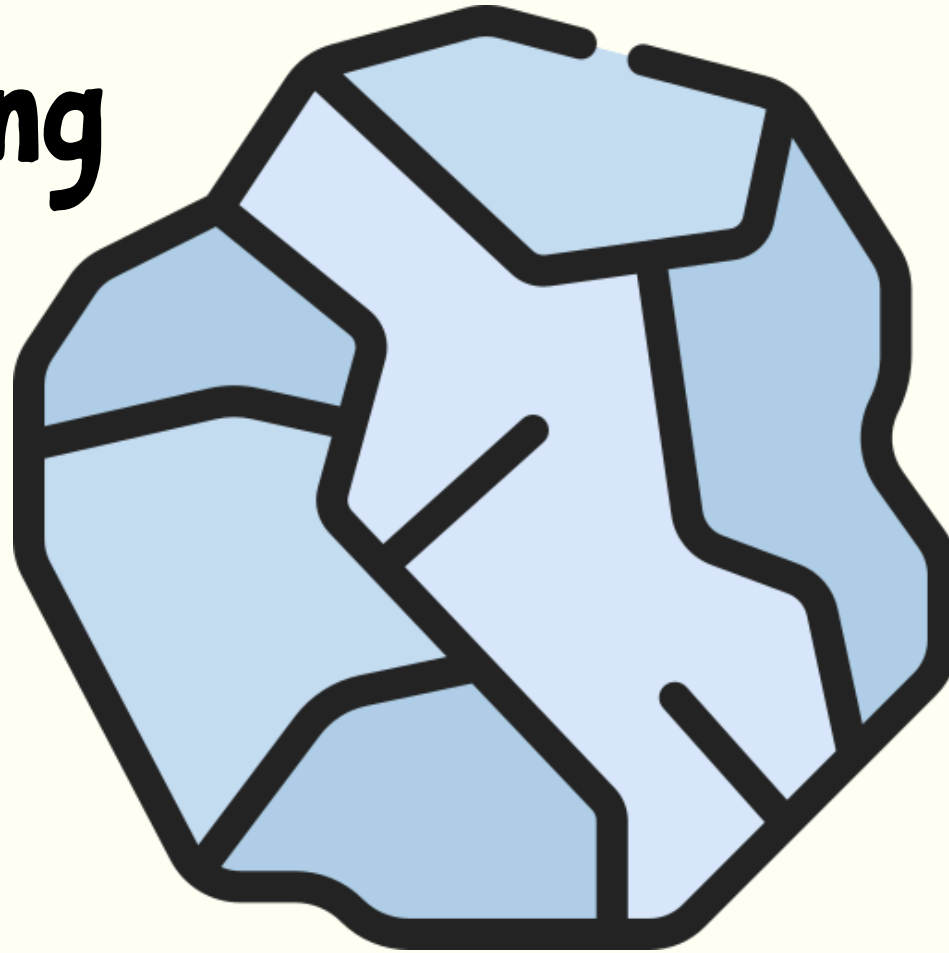
Place your finger tips together and pulsate your fingers 10 times.



## Drumming fingers

Place your hands onto your desk in front of you. Tap your fingers individually onto the table starting with your thumb and tapping each finger of your hand individually. Next tap your fingers from your little finger to your thumb. Start off slowly and get quicker and quicker so it is like your playing the keyboard on the desk. Repeat this 3 times.

# Scrunching paper



Scrunch up paper with lots of force. Open it back up and scrunch it again. Repeat 3 times.

## Hand warm up exercises

# Palm pushes



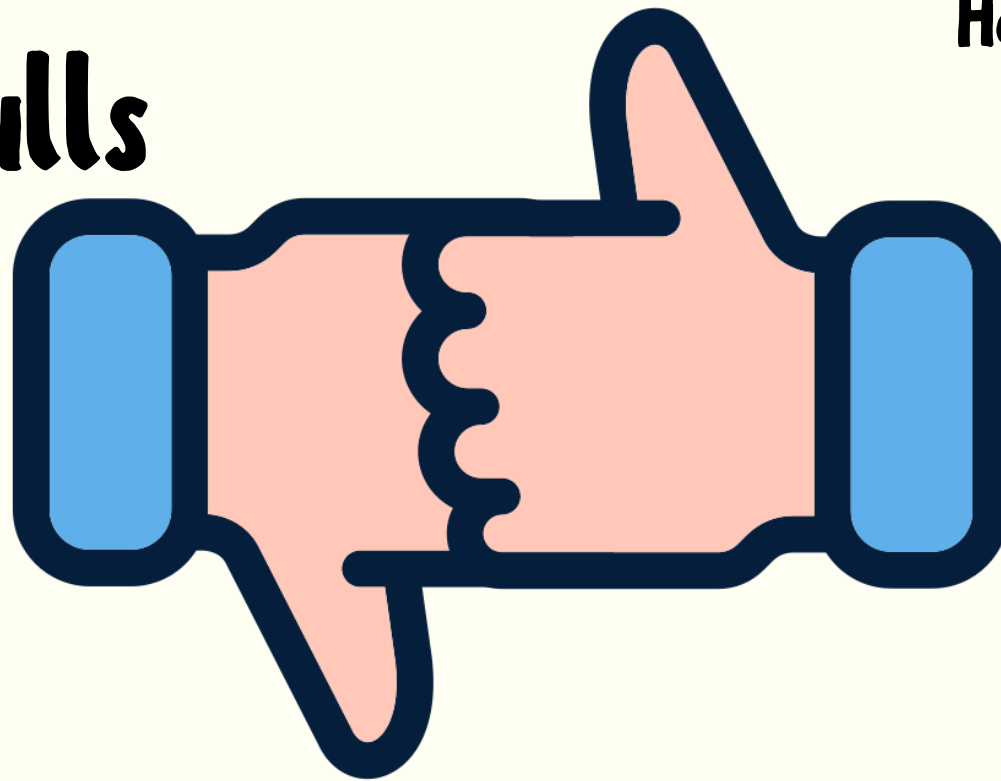
Place both hands together so your palms are touching and your elbows are out to the side of your body. Push your palms hard against each other keeping the force equal, for 5 seconds. This should cause you to feel a stretch in your arms. Repeat 3 times.



www.sendco.co.uk  
www.sendco.co.uk

## Hand warm up exercises

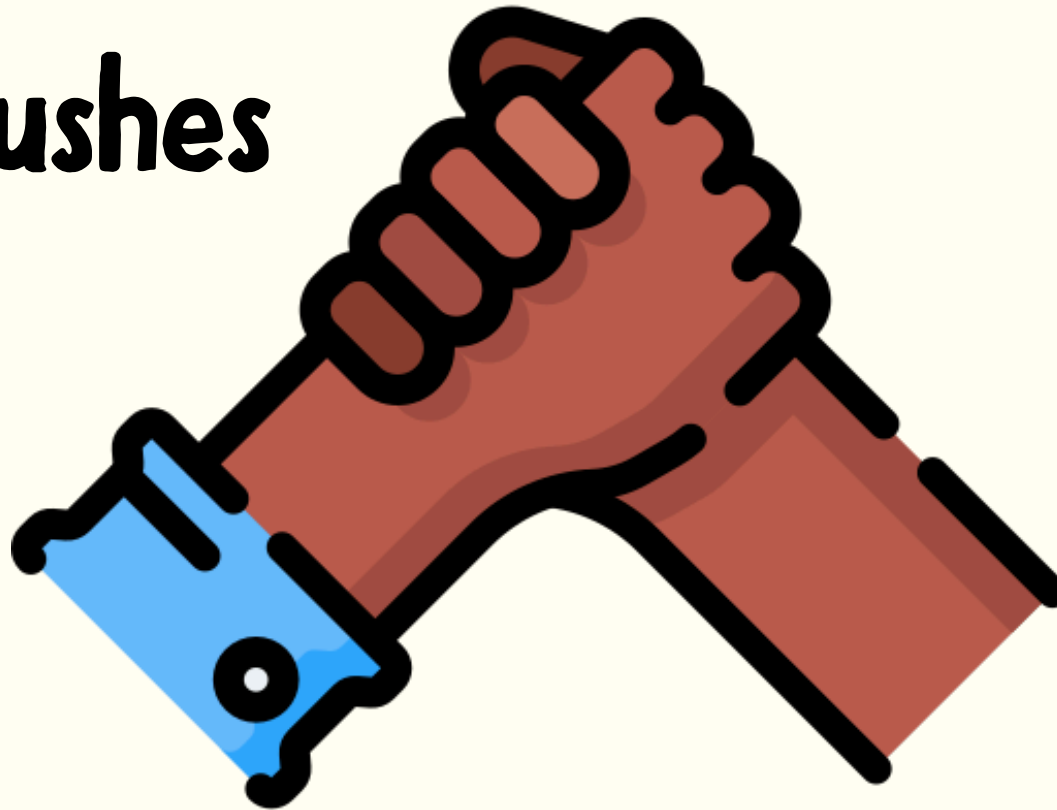
# Hand pulls



Place both hands together in a horizontal position so your palms are touching and hook your fingers together (like your holding your own hand). Try to pull your fingers apart, but not actually achieving this as you want the force from both hands to be equal. Pull for 5 seconds. Repeat 3 times.

## Hand warm up exercises

# Hand pushes



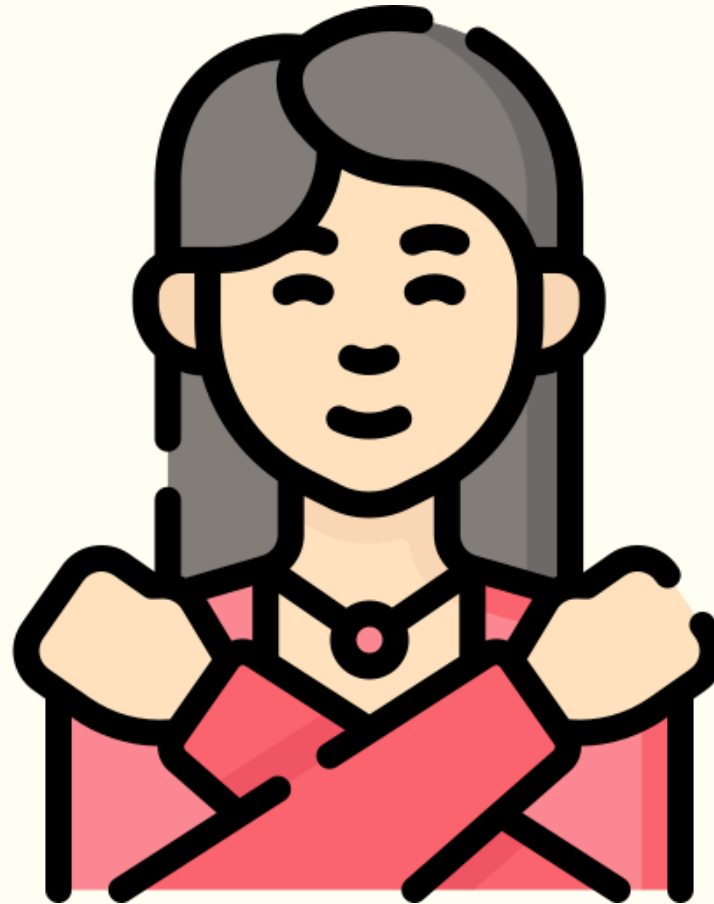
Place both hands together with one thumb on top of another (like your holding your own hand). Push the heel of your hands together and then pull apart but do not allow your fingers to part. Repeat 10 times, holding each pull for 1 second.



www.sendco.co.uk

## Hand warm up exercises

# Arm wrap



Cross your arm over your chest and hold onto your shoulders and give them a big squeeze for 3 seconds. Repeat 3 times. (This exercise looks like you are giving yourself a hug!).

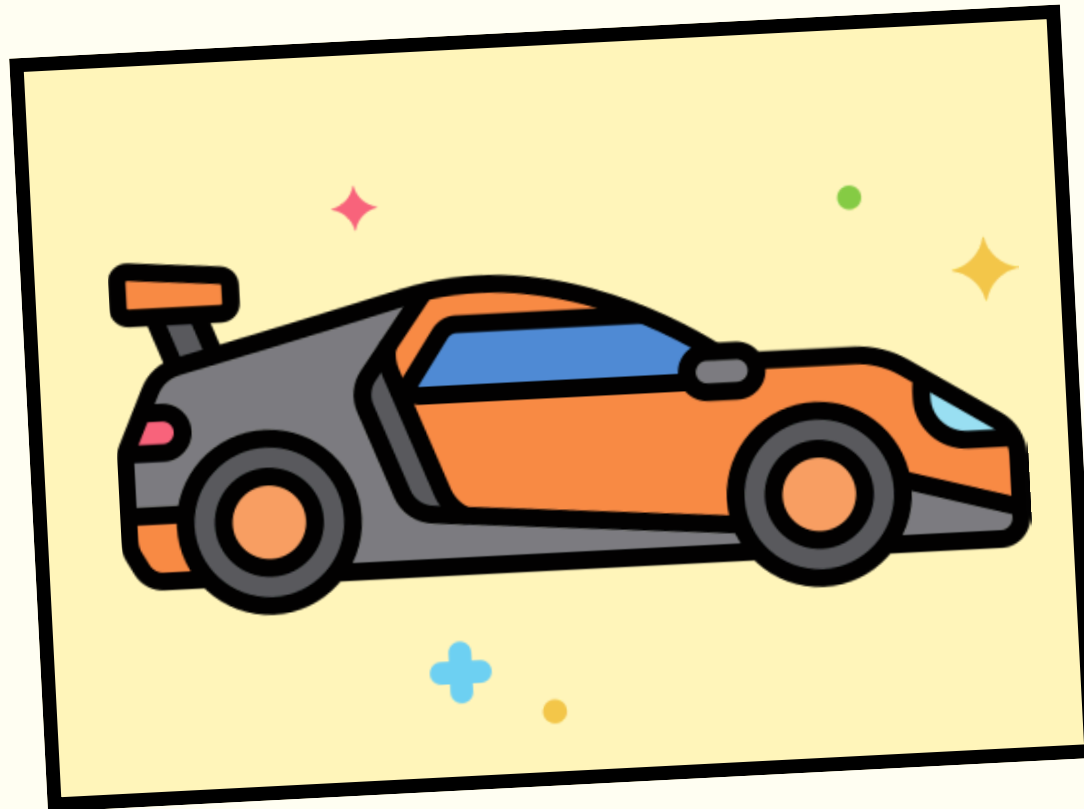
# Hand shakes



## Hand warm up exercises

Shake and wiggle your fingers as fast as you can and then continue this whilst lifting your arms above your head, to left and to the right and out in front of your body. After each time of carrying out this sequence, relax the hands. Hand shakes can also be carried out under your desk in school. Repeat this 3 times.

## Draw



Draw something you are interested in!

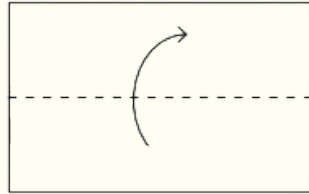
# Make a paper airplane

1



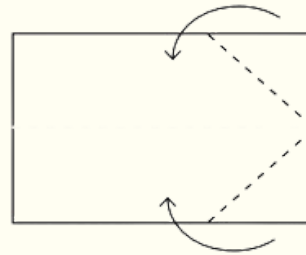
You will need a piece of A4-sized paper.

2



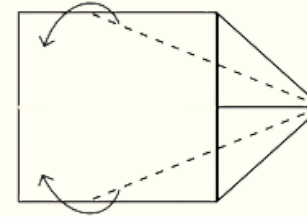
Make a line in the centre by folding the paper in half longways then opening it out flat.

3



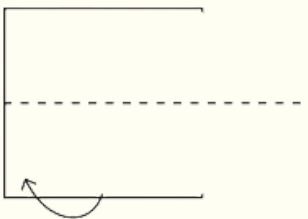
Fold in two of the corners so they meet at the centre fold.

4



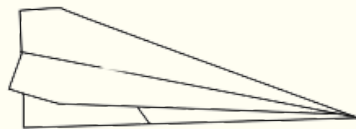
Fold the outer edges in again to meet at the centre fold.

5



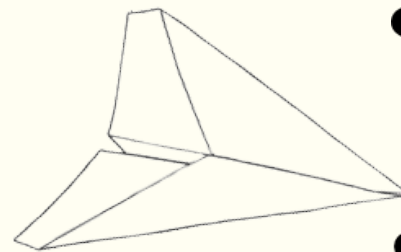
Turn the paper over and then fold it in half in the middle.

6

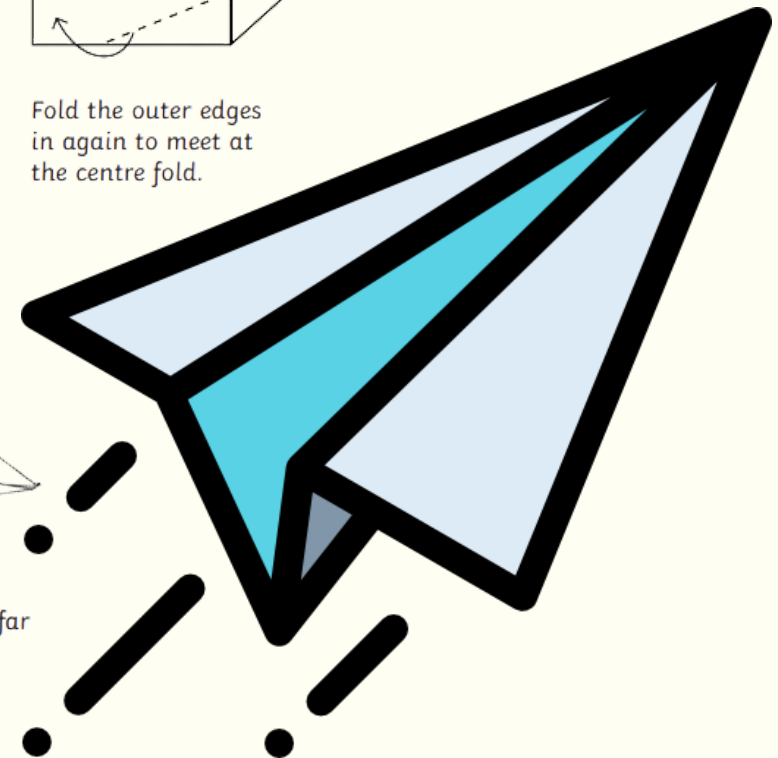


Fold down the wings on each side so that they meet with the bottom of the plane.

7

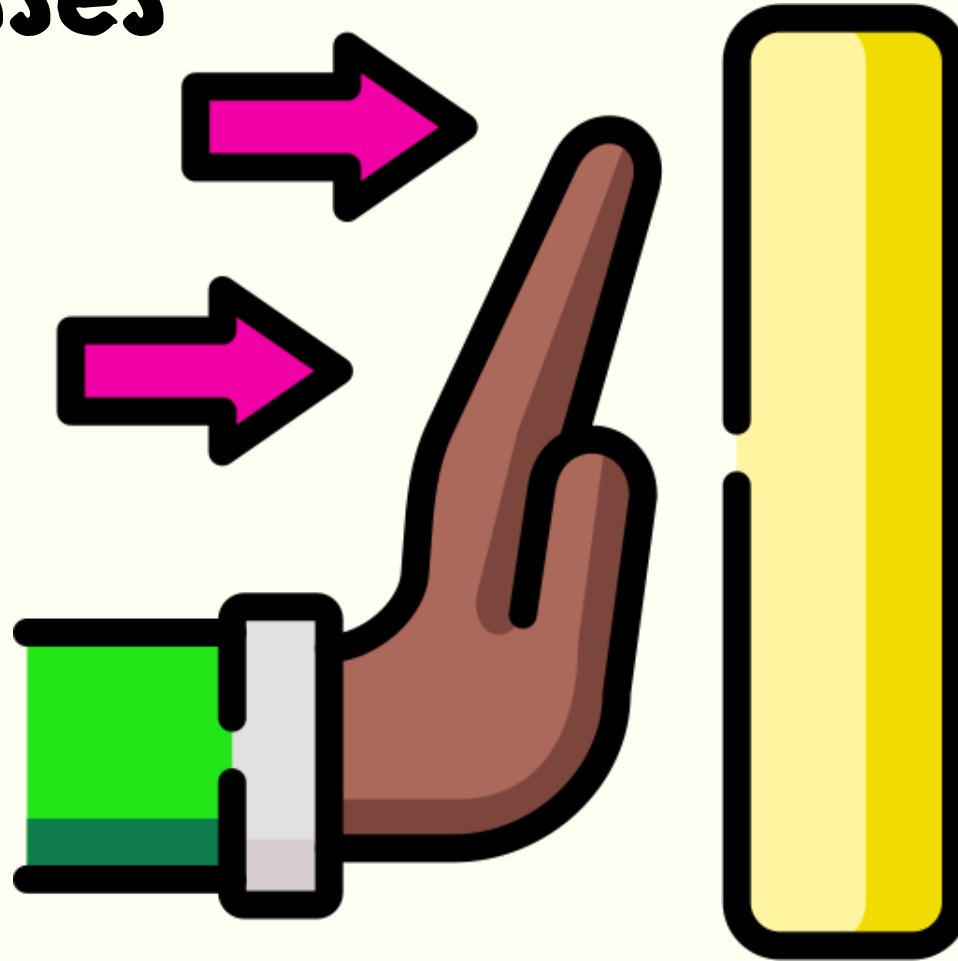


Your plane is ready to fly! How far can you make it go?



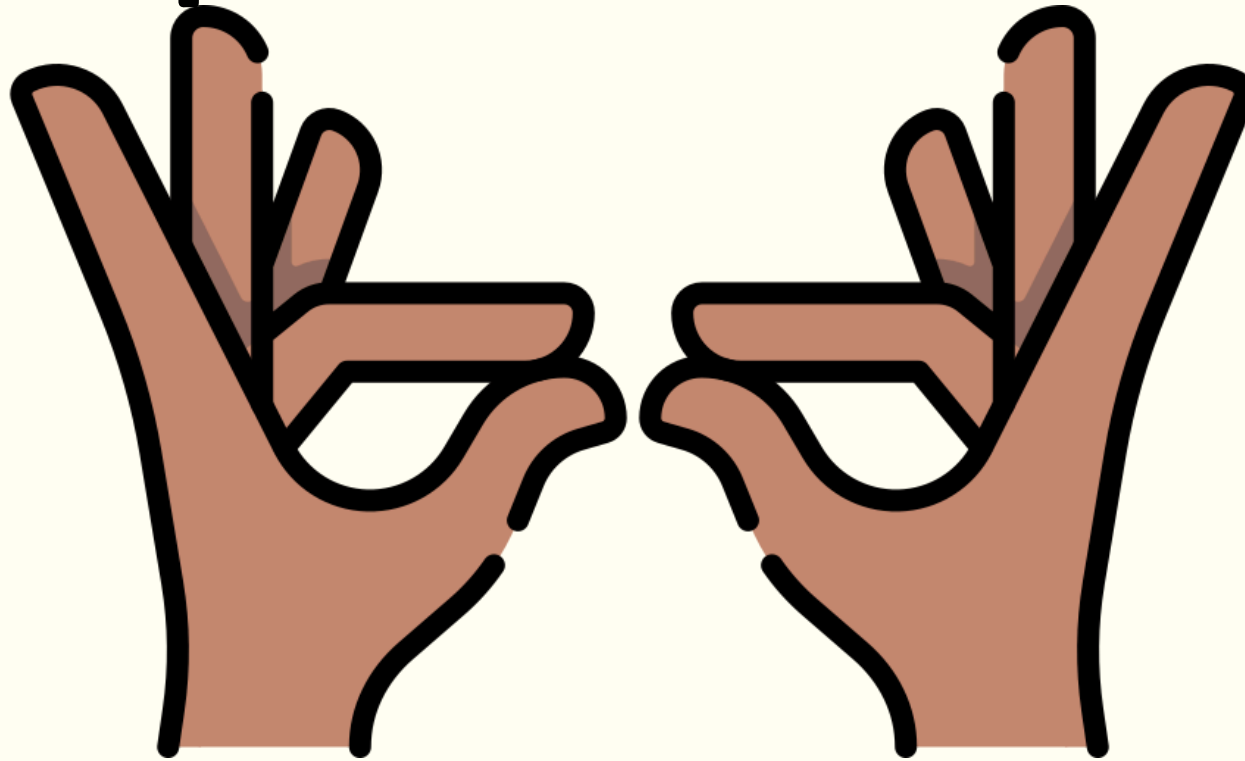
# Wall presses

## Hand warm up exercises



With both hand, push against the wall. Hold for 5 seconds.  
Repeat 3 times.

## Thumb taps



Use your thumb to tap the other fingers in turn. Do both hands simultaneously. Start at your small finger and work towards your index finger. Repeat 5 times.

## Hand warm up exercises

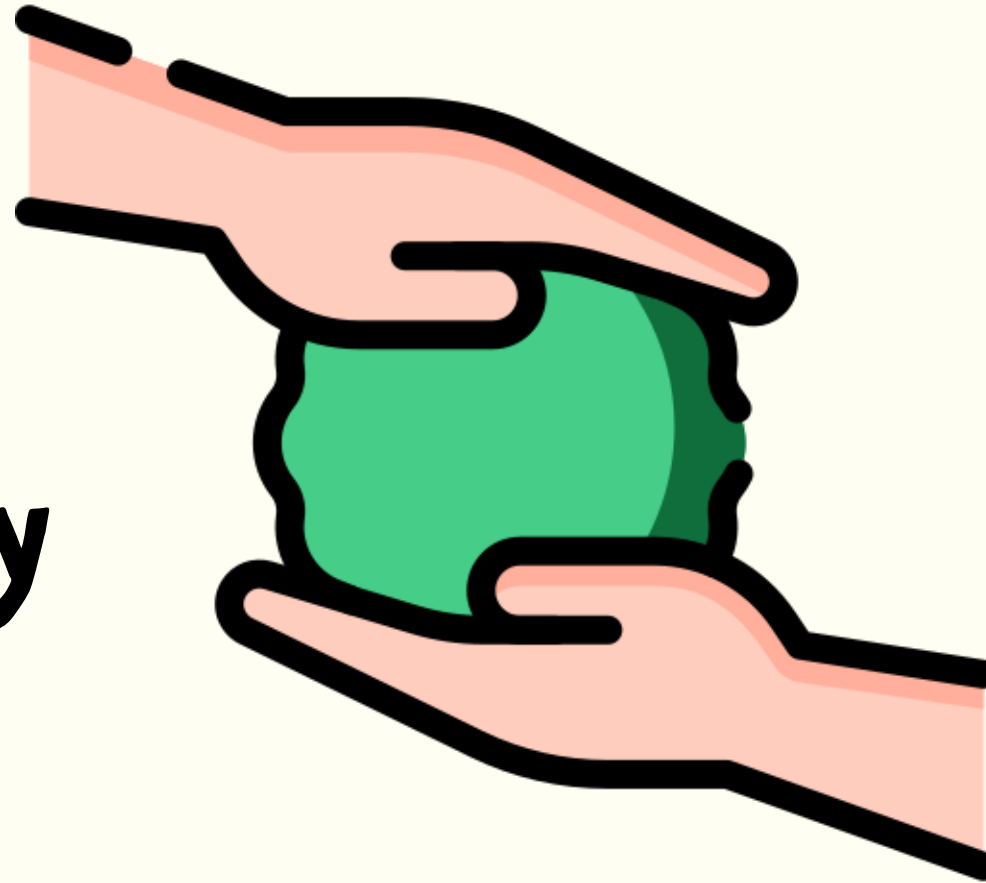
# Hand massage



Gently squeeze and massage each hand from the wrist towards each finger using the index finger and thumb from the other hand. Repeat 2 times for each hand.

## Hand warm up exercises

# Theraputty



Push, roll, squeeze and poke the theraputty for 2 mins. What you do with one hand you must do with the other!

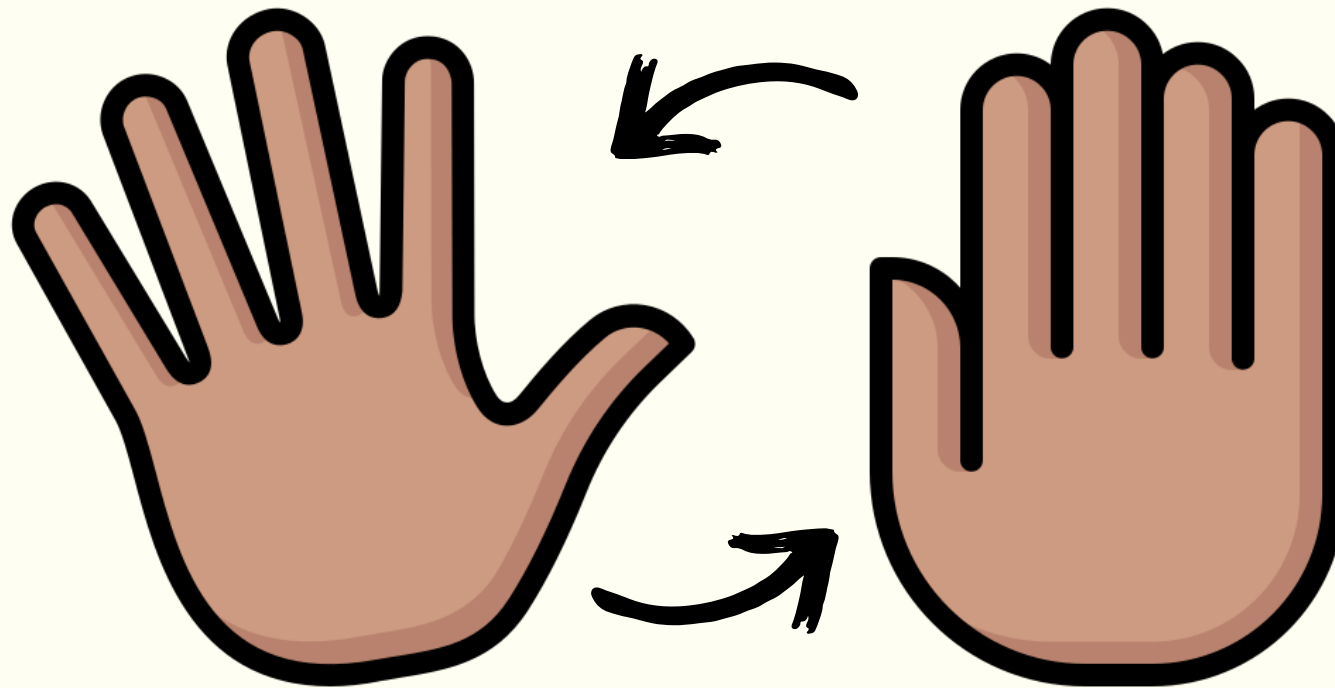
## Hand warm up exercises

# Ball squeezies



Squeeze the ball 5 times with each hand. Repeat 5 times.

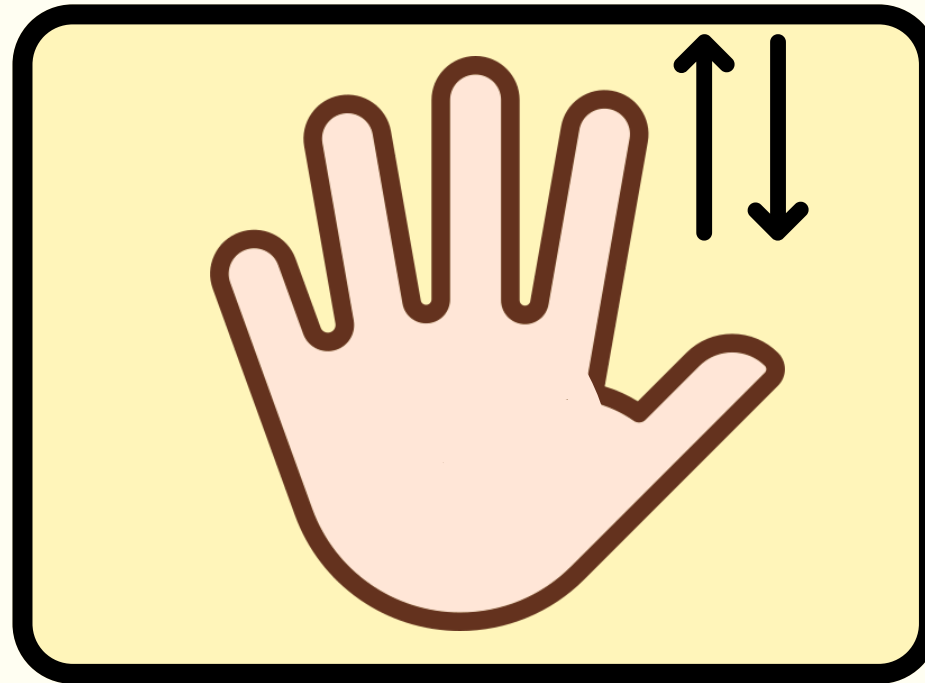
# Fan hands



Press hands and fingers together with palms flat, squeeze then stretch fingers out wide. Repeat 5 times.

# Finger lifts

## Hand warm up exercises



Place both hands flat on the table. Lift the each finger whilst leaving the palms on the table. Try working with a partner and copy which finger they left. Repeat for 1 minute.

## Hand rubs



Briefly rub hands, palms together, then the back of each hand. If tolerated hand cream can be used.



*Inclusive education through brain-based learning*

# BrainBuildingStudio

TikTok

WhatsApp

Instagram

YouTube

Facebook

www.sendco.co.uk

### My Support Team

Five finger prompt for 5 key adults

Ask the child to name 5 key adults, who they trust. Upload the photos and drag them to the photo place holders. Practice which finger represents which adult to use in times of stress or worry

### Quick Brain Breaks

Animal Faces (pdf)

Use both hands together to draw the animal faces in the air. Coordination, focus and gets children's brains ready to learn!  
Choose 1-5 animals as a 1-minute brain break anytime during the day.

### Sentence Strips

Colourful Semantics - Writing Scaffolding

A visual approach to developing expressive language - Build and change sentence formation, one colour at a time

Under the sea, the diver searched for treasure

## OTHER TITLES

### Table-Top Brain Breaks

Simple regulation moves for pupils to use at their desks to reset, refocus and feel ready to learn

5 sequenced activities to reawaken, activate & energise, organise & focus, ground and soothe, calm and relax

### Moro Reflexes

Calm & Connected Reintegration

Building emotional regulation, attention and resilience through gentle neurodevelopmental movement

### Finger Print Brain Break

Hand Coordination Activities

10 desk top brain breaks to work both sides of the brain and get ready for learning through focus and attention