

PENCIL AEROBICS

1. *WINDY WINDMILL* (developing rotation skills within the hand and fingers)
 - Hold your pencil between your thumb, index and middle fingers
 - Begin to spin the pencil making circles
 - Spin 10 times and then try to go the other way!
2. *HARRY HELICOPTER*
 - Hold the pencil as if making Windmills
 - Extend your wrist back so your palm is facing the roof
 - Spin the pencil making circles like a helicopter propeller
3. *INCHY INCH WORM* (encouraging finger isolation & developing shift skills)
 - Hold your pencil as if preparing to write (Tripod grasp- between your thumb and index finger, with the middle finger resting behind)
 - Pretend your index finger is a worm and crawl all the way to the end of the pencil and back again (push/pull between the thumb and index)
 - Try to hold the pencil in your writing hand only!
4. *WOODY WOODPECKER* (development of translation skills important for fluency)
 - Holding the pencil in a tripod grasp again, pretend your hand is a woodpecker and slowly peck against the tree (your other hand) by pushing your fingers in and out
 - Try to only move your fingers- do not move your wrist or elbow!
5. *COLOUR-IN, RUB-OUT* (translation, complex rotation and shift within the hand)
 - Pretend to draw on some paper, when you make a quick mistake, turn the pencil around within your fingers and rub out using an imaginary eraser
6. *CREEPY CRAWLY SPIDER* (develop stabilizing thumb muscles)
 - Hold your pencil between your thumb and index fingers
 - Slowly creep all of your other fingers down the shaft of the pencil one at a time, then in the reverse order creep all of your fingers off again

Your fingers are now warmed up and ready to write!