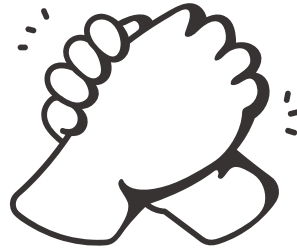




# Handwriting warm-ups



Move pencil up and down using 3 fingers.



Interlink fingers and pull hands apart.



Make hands into a fist and then stretch fingers apart.



Push palms together (prayer pose).



Touch each finger tip to thumb (on both hands).



Chair push-ups.