

Occupational Therapy Service for Children and Young People

Warming Up Our Hands

Using hand warm up activities before completing fine motor activities or handwriting tasks can help to prepare your hands ready for activity. The warm-ups aim to increase the tactile and proprioceptive sensory messages that you receive from their hands. By doing this you will have an increased sensory awareness of your hand muscles and joints. This should help improve your motor control and will support motor memory for learning movements involved in fine motor tasks.

Hand Warm Up Activities:

1. Rub your palms together and then rub the back of each hand. If preferred, hand cream can be used.



2. Press your hands and fingers together with your palms flat, squeeze together and then stretch your fingers out wide. Please repeat this 5 times.



3. Hook the fingers of both of your hands together and then pull in opposite directions



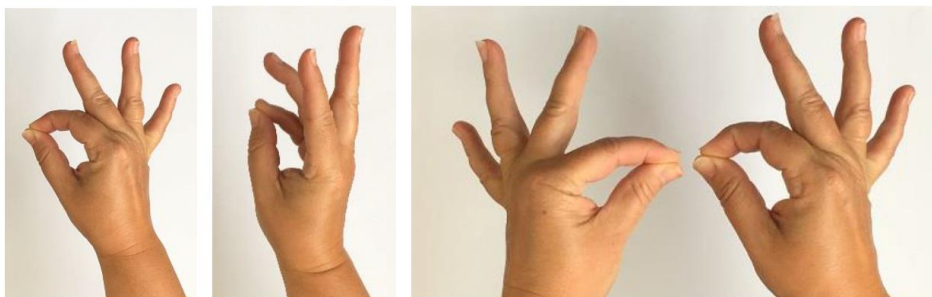
4. With your palms placed together and your fingers out straight, press your fingers together firmly. Hold this position for 10- 20 seconds and then shake out your hands to relax your fingers.



5. Next, put your palms together with your fingers straight. Separate the palms of your hand and keep your finger tips touching. Rotate your thumbs around each other, away from your body and then change directions towards your body. Repeat this ten times in each direction.



6. With your preferred hand first, touch your thumb with each fingertip in turn, beginning with your index finger and then back again. Complete this also with your other hand and you can complete with two hands at the same time if preferred.



7. Place your hands on the table with your palms facing down and pretend to play the piano by lifting up one finger at a time from the table.

