


Handwriting

Monday:

Complete the warm-up activity and copy out the poem, **by hand**, using your best handwriting.

Handwriting Warm-Up

Fine Motor Exercises




twinkl

Handwriting Warm-Up Fine Motor Exercises

1

- Make sure you are sitting comfortably and upright.
- Place your fingertips together.
- Press your fingers together, as if they are doing "push ups" against each other.
- Repeat a number of times.



The Eagle

by Alfred Lord Tennyson

He clasps the crag with crooked hands;
Close to the sun in lonely lands,
Ring'd with the azure world, he stands.

The wrinkled sea beneath him crawls;
He watches from his mountain walls,
And like a thunderbolt he falls.

Tuesday:

Complete the warm-up activity and copy out the poem, **by hand**, using your best handwriting.

Handwriting Warm-Up Fine Motor Exercises

2

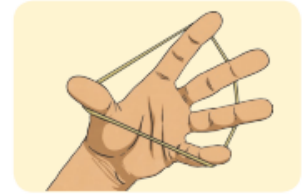
- Put the palms of your hands together.
- Now push them against one another.
- Fold your fingers around one another.
- Try to pull them apart.
- Repeat a number of times.



Handwriting Warm-Up Fine Motor Exercises

3

- Find a range of different sized rubber bands.
- Carefully, loop them between your fingers.
- Then stretch your fingers out and back in.
- Hold the position for five seconds.
- Repeat five times.



Windy Nights

by Robert Louis Stevenson

Whenever the moon and stars are set,

Whenever the wind is high,

All night long in the dark and wet,

A man goes riding by,

Late in the night when the fires are out,

Why does he gallop and gallop about?

Whenever the trees are crying aloud,

And ships are tossed at sea,

By, on the highway, low and loud,

By at the gallop goes he.

By at the gallop he goes, and then

By he comes back at the gallop again.

Wednesday:

Complete the warm-up activity and copy out the poem, **by hand**, using your best handwriting.

Handwriting Warm-Up Fine Motor Exercises

4

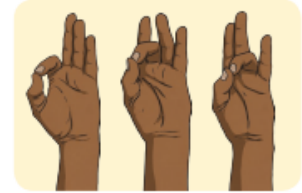
- Use a small ball which you can hold with 2 fingers and a thumb.
- Roll the ball up and down your arm, leg or torso without dropping it.
- Keep the movement slow but constant.
- Try walking the ball down your leg. That is really tricky!



Handwriting Warm-Up Fine Motor Exercises

5

- Open your hand out so that the gap between the thumb and the forefinger form an L shape.
- Touch the thumb to the forefinger and press.
- Stretch open the hand.
- Then touch the thumb to the middle finger and press.
- Stretch open the hand.
- Press the thumb together with the third finger.
- Stretch open the hand.
- Press the thumb to the little finger.
- Stretch open the hand.
- Repeat five times.



The Crocodile

by Lewis Carroll

How doth the little crocodile
Improve his shining tail,
And pour the waters of the Nile
On every golden scale!

How cheerfully he seems to grin!
How neatly spread his claws,
And welcomes little fishes in
With gently smiling jaws!

Thursday

Complete the warm-up activity and copy out the poem, **by hand**, using your best handwriting.

Handwriting Warm-Up Fine Motor Exercises

6

- Hold a pencil in your 'writing' hand.
- Gradually move your fingers up to the top of the pencil without dropping it.
- Then flip the pencil over, and move your fingers back from the top to bottom.
- Repeat five times.



Handwriting Warm-Up Fine Motor Exercises

1

- Make sure you are sitting comfortably and upright.
- Place your fingertips together.
- Press your fingers together, as if they are doing "push ups" against each other.
- Repeat a number of times.



Leisure

by W. H. Davies

What is this life if, full of care,
We have no time to stand and stare?

No time to stand beneath the boughs,
And stare as long as sheep and cows:

No time to see, when woods we pass,
Where squirrels hide their nuts in grass:

No time to see, in broad daylight,
Streams full of stars, like skies at night:

No time to turn at Beauty's glance,
And watch her feet, how they can dance:

No time to wait till her mouth can
Enrich that smile her eyes began?

A poor life this if, full of care,
We have no time to stand and stare.

Friday:

Handwriting Warm-Up Fine Motor Exercises

2

- Put the palms of your hands together.
- Now push them against one another.
- Fold your fingers around one another.
- Try to pull them apart.
- Repeat a number of times.



Handwriting Warm-Up Fine Motor Exercises

3

- Find a range of different sized rubber bands.
- Carefully, loop them between your fingers.
- Then stretch your fingers out and back in.
- Hold the position for five seconds.
- Repeat five times.



Firework Night

by Enid Blyton

BANG!

What's that?

Bang-Bang! Oh, Hark,

The guns are shooting in the dark!

Little guns and big ones too,

Bang-bang-bang!

What shall I do?

Mistress, Master, hear me yelp,

I'm out-of-doors, I want your help.

Let me in - oh, LET ME IN

Before those fireworks begin

To shoot again - I can't bear that;

My tail is down, my ears are flat,

I'm trembling here outside the door,

Oh, don't you love me anymore?

BANG!

I think I'll die with fright

Unless you let me in to-night.

(Shall we let him in, children?)

Ah, now the door is opened wide,

I'm rushing through, I'm safe inside,

The lights are on, it's warm and grand -

Mistress, let me lick your hand

Before I slip behind the couch.

There I'll hide myself and crouch

In safety till the BANGS are done -

Then to my kennel I will run

And guard you safely all the night

Because you understood my fright.

