

# Wake Up Your Hands

(And Get Ready To Write!)

1. Squeeze each hand into a fist. Hold and count to 10. **SLOWLY** release. Do this 3 times.
2. Shake each hand and count to 5. Do this 3 times.
3. Reach arms up to the sky! Hold and count to 5. Lower arms. Do this 3 times.
4. Raise both shoulders up. Hold and count to 5. Relax. Do this 3 times.
5. Put hands palm down on the sides of your chair. Try to lift your bottom off the chair. Try this 3 times!

