

Full Body Warm-Ups

Full Body Warm-Ups help prepare the student for printing by:

- Increasing hand and finger strength and stability
 - Improving fine motor coordination
 - Increasing sensory awareness of the hand
- Wall Pushes – Stand facing the wall. Place palms on the wall, shoulder width apart. Push the wall with palms – “Need to make the room bigger”.
 - Desk Push-Ups – Face the desk with feet shoulder width apart and approximately 2 feet away from the desk. Place palms on the desk, shoulder width apart with arms straight. Slowly bend elbows to touch nose to the desktop and then push self back to the arm straight position. Strive for controlled, graded movement and increased repetitions.
 - Popcorn Ride – While sitting on a chair, grasp the sides of the chair. Pressing down on hands, raise bottom off the chair surface to bounce up and down in chair. To increase the work on tummy muscles, be sure that the feet are not touching the floor or just the toes are touching the floor.
 - Shoulder Shrugs and Rolls – Lift shoulders to touch ears and then slowly lower shoulders back to resting position. Repeat 5 times. Try with eyes open and then closed. Roll shoulders in a continuous backwards and forwards direction 10 times each way. Try with eyes open and closed.
 - Palm Pushes – Place palms together with fingers pointing toward the ceiling (prayer position) at chest height, elbows pointing outwards. Push palms together and then relax. Repeat 10 times.
 - Weightbearing through hands and arms – wheelbarrow walk, crawling, handstands, yoga positions, animal walks (donkey kicks, crab, seal etc.)
 - Full Arm Movements –
 - Arms above head, wave side to side.
 - Wave arms as if signalling for help – arms out at shoulder height, and cross when above head. Alternate which hand is in front or behind.
 - Arms crossed above head, uncross and cross arms while bringing arms down in front of body.
 - Make circles with arms – in front of body, on the sides, overhead. Vary the size of the circles, and the speed and direction of forming the circles. Perform the same action with both arms, or different actions with each arms at the same time.