



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Fine Motor Warm-Up Exercises

This is a list of some Brain Gym exercises that can be performed in the classroom to improve kinesthetic awareness, activate muscles, lubricate joints, decrease stiffness, and provide mental warm up. The whole list is not meant to be used in one session. Music can be played while doing exercises to warm up auditory channels for listening. Reinforce breathing during exercises. Suggest teacher post exercises on wall in classroom.

- Neck Tilt:** Tip head gently side to side, forward, rotate left/right.
- Butterfly:** Pretend has paintbrush on nose, paint butterfly wings (figure 8) on forward wall.
- Shoulder Shrugs:** "I don't know", shoulder toward ears.
- Arm Activation:** Hold one arm up in air next to ear, switch.
- Foot Flex:** Put one ankle/foot on opposite knee, pull leg toward body, switch.
- Gravity Glider:** While sitting, lean forward and put palms on floor, relax x 10 seconds.
- Energy Yawn:** Put fingertips on jaw and press. Then yawn.
- Positive Points:** Put fingertips on forehead and pull skin up and away from eyes, massage central forehead.

Printing/Cursive/Keyboard Warmup:

1. Students place hand palm down on the desk. Ask students to raise fingers one at a time from the desk surface (e.g., "raise thumb, next raise your pointer fingers").
2. Students turn both hands palm down, then palm up, in a simultaneous and rapid motion.
3. Students make circles by touching thumbs to finger tips one at a time.
4. Students place both hands on their desks. Ask students to spread fingers apart and then slide them back together.
5. Students open hands as wide as possible and then make a fist repeatedly.
6. Students bend wrists up and down repeatedly, then do "door knob turns" in front of body.
7. Students stand and put palms flat on desk, then bear their body weight on their palms for a count of five.
8. Students snap their fingers, play piano on desk, "itsy bitsy spider".
9. Students write previously learned letters in the air with their index finger, then on desk surface.
10. Students pretend to hold a pencil and write previously learned letters on the surface of their desk.