**Pre-writing massage**

<https://www.youtube.com/watch?v=BklGhQYKl30>

Pre-writing massage is great to get the children moving their hands and exploring new objects. Here is a list of objects we use in class that can be found around the home which the children will enjoy exploring.

* Blow on hands
* Blow bubbles on hands
* Tickle palms
* Squeeze hands lightly
* Use hands to squeeze dough/squashy/squeaky toys.
* Rub/massage/stroke palms and backs of hand.
* Clasp and unclasp hands.
* Use bobble on fingers (small or double over bobbles on fingers) and count and feel the bobbles
* Gloves over bobbles
* Hands together
* Gloves bobbles off.
* Warm flannels/ wipes