Pre-writing Routine

* Blow on hands (and elbow to finger tips etc.)
* Brush hands
* Bubbles on hands
* Gloves on hands
* Tickle hands
* Squeeze hands
* Hands squeeze foam, squishy toys, play dough, squeaky toys etc.
* Rubs hands
* Massage hands
* Stroke hands
* Clasp and unclasp hands
* Bobbles on fingers
* Hands together
* Warm flannels
* Hands in net to feel objects
* Writing tray e.g. sand, rice etc.