**Handwriting Cool Down 1 Pictures**

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|  |  | Up inside writing arm inhaleDown outside writing arm exhale |
|  |  | 5 palm rotations clockwise5 palm rotations anticlockwisePerformed on writing hand |
|  |  |  Thumb and finger massages and finger tip pullsPerformed on writing hand |
|  |  | Palm rubs increase in speed |
|  |  | Hands on face |