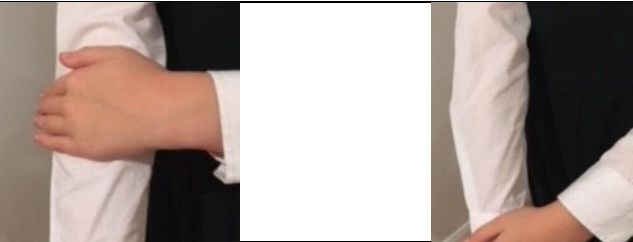

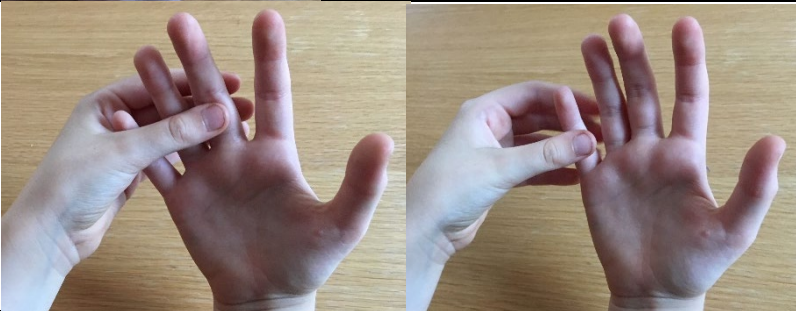




Handwriting Cool Down 1 Pictures

1.		<p>Up inside writing arm inhale Down outside writing arm exhale</p>
2.		<p>5 palm rotations clockwise 5 palm rotations anticlockwise Performed on writing hand</p>
3.		<p>Thumb and finger massages and finger tip pulls Performed on writing hand</p>
4.		<p>Palm rubs increase in speed</p>
5.		<p>Hands on face</p>