**Handwriting Cool Down 2 Pictures**

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|  |  | Hand shakes |
|  |  | Fists for 5 seconds with the writing hand |
|  |  | Finger massage |
|  | cid:c8b1646f-d0fd-4d3e-a63a-5d161ce0481b@eurprd06.prod.outlook.com | Finger hooks |
|  |  | Palm press and rub (rub with textured ball for finger and hand massage if available) |