**Handwriting Cool Down 1 Pictures**

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|  | Up inside writing arm inhale  Down outside writing arm exhale |
|  | 5 palm rotations clockwise  5 palm rotations anticlockwise  Performed on writing hand |
|  | Thumb and finger massages and finger tip pulls  Performed on writing hand |
|  | Palm rubs increase in speed |
|  | Hands on face |

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|  | Hand shakes |
|  | Fists for 5 seconds with the writing hand |
| 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) |