

MTLH1.mp4

[00:00:00] Now we are demonstrating some hand movements to help us get ready for writing.

[00:00:07] So first of all we're going to keep our wrists stuck to the table and lift hands up.

[00:00:14] To give us good wrist extension. Very good for helping to develop the tripod grasp. Then we are going to do finger wiggles wake up all the little muscles in the hands. Followed by tap the table and clap ten times. Then running fingers up and down the table. Ten times. Little spiders. And then.

[00:01:09] Little crab claws pinching 10 times. Good.

[00:01:21] Shake it off. Ready to write.