

MTLH2.mp4

[00:00:00] So now we are going to do some more hand movements to help us get ready for writing. So first of all we're going to open and close hand, squeeze and open, squeeze, open, squeeze, open. Next it's to touch the tip of each finger. This one children can find difficult.

[00:00:30] But it's a good one to practice. And then next we're gonna be doing interlocking fingers. And squeeze and release, and squeeze and release, squeeze. Then roll your hands over a pencil like a bit of a massage. Finishing off with some finger wiggles.

[00:01:12] Shake it off. Ready to write.