



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Therapi Galwedigaethol Plant,
Canolfan Iechyd Plant Wrecsam,
Ffordd Croesnewydd, Wrecsam, LL13 7TD

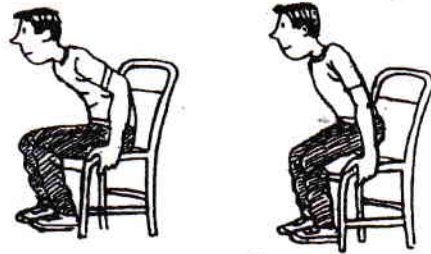
Children's Occupational Therapy,
Wrexham Child Health Centre,
Croesnewydd Road, Wrexham, LL13 7TD

Pre-writing Exercises

Practice the following every day.

1. Chair presses

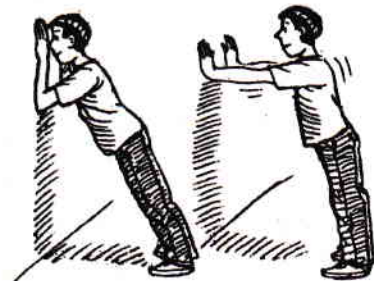
When sitting on your chair put your hands on the side of the chair and lift yourself from the chair. Hold for 5 seconds



2. Wall Presses

Stand away from the wall and put your hands at shoulder height on the wall. Lean towards the wall until your nose touches the wall. Hold for 10 seconds.

Do this 10 times.



3. Press ups

Lying like a plank, start with your arms straight then bend your elbows to touch your nose to the floor. Straighten your arms slowly.

Repeat 5 times.



4. Shoulder Swirls

Put your hands out to the sides and begin to circle them. First small circles then growing to as large as possible.

Repeat 5 times

