HANDWRITING WORKOUT

 Good sitting position, feet flat, bottom back

in chair and head tall

 Make 2 fists (hands on table)

 Straighten arms (elbows off table)

 Are hands level?

 Thumbs out then in

 Pull fists towards you

 Hide thumbs under table

 Stretch arms again (keep fists)

 Lift 2 arms up to shoulder level

 Lift 1 arm up, keeping the other down

 One potato, two potato and now we are ready to write.