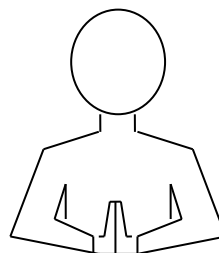


Readiness Exercises

These exercises offer deep pressure and heavy work to the joints and muscles, which can have a calming effect on the nervous system and facilitate improved focus. They also prepare the arms and hands for fine motor activities. Choose one to do each day, at your desk.

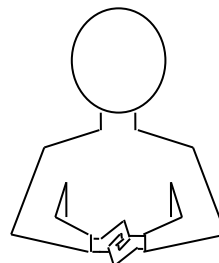
1. Palm presses ~

Place palms together in front of chest with elbows bent and fingers pointed towards the ceiling. Press hands together firmly to the count of 10 (encourage child to count silently in their head).



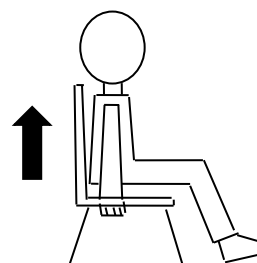
2. Hand pulls ~

Bring hands together at chest level with elbows bent. Turn one hand towards the ceiling and the other towards the ground. Curl the fingers and lock them together (see illustration). Pull arms apart with steady force for a count of 10 while maintaining fingers in the locked position.



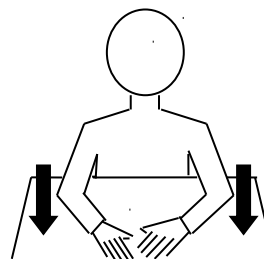
3. Chair push-ups and pulls ~

While seated in a classroom chair, grasp both sides of the chair and lift the body off the chair. Ensure students are using their arms to perform this lift without using their legs to assist. Complete one set of 10 push-ups. Next, grasp the sides of the chair and pull the body into the seat for the count of 10. Note: The push-up component of this exercise can also be completed while seated on the floor.



4. Desk or wall presses ~

Place hands palm down on desktop while seated at desk. If standing, position feet at arms length from the wall and place palms against a wall at shoulder level. Press down on the desk or into the wall with as much force as possible while counting silently to 10.



5. Body hugs ~

Cross forearms across chest, grasping the opposite arm. Squeeze or hug arms towards body using as much force as possible, maintaining the hug for the count of 10.

