FUN with Handwriting

ACTIVITY E

Muscle-Relaxing Exercises

Grades K–4

Purpose:

Help students relax tense writing muscles

Materials:

none

Watch for the following signs of muscle tension and fatigue while students write:

- gradually bending forward, bringing eyes closer to the writing surface
- squeezing hands around the writing instrument
- abrupt, jerky movements during writing instead of smooth, even strokes
- deep breathing and sighing, reflecting shallow breathing
- pausing to swing the writing arm or letting it hang down to the side

When you notice these signs, ask students to stop writing for a minute and try some of the following exercises:

- Stand and stretch as high as they can. Take a deep breath each time they reach for the ceiling.
- Hang their arms down at their sides and shake their hands loosely. Hold arms out to the front and shake hands loosely, as if trying to shake off a pair of gloves.
- Alternate forming fists tightly and opening their hands widely.
- Touch their shoulders or their toes.

Zaner-Bloser Handwriting is a daily print and digital handwriting curricula that teaches K–6 students to write fluently and confidently. Learn more about Zaner-Bloser's proven, research-based method and consistent, systematic instruction at zaner-bloser.com.

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