

Children's Rehabilitation Services

POSTURE PREPARATION

Here is a warm-up you can do before starting paper/pencil work:









Push palms together

Pull hands apart

Hug yourself tightly

Reach high, one hand, then the other









Pull up chair

Stack your blocks

Assume an outrageous posture

Stack your blocks again

Children love the routine described above. When "stacking your blocks" have the children set their feet on the floor, making as little sound possible as they put them down straight. Next, have them line up their knees, hips, shoulders and head. What makes it really fun is to let everyone show a terrible, outrageous posture and then fix it all over again.

You may also want to try the following warm-up for the head and shoulders just before placing your pencil on your paper:



Raise shoulders up



Pull shoulders back



Let shoulders down

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