

Zoom Game to Improve Handwriting

Directions for a teacher who is having the class mirror movements:

1. Start by rubbing hands together. Make a fist with your left hand and “smash” the palm of your right hand firmly 5 times, rub palms together, repeat with your right fist hitting left palm firmly 5 times.
2. Make your hand/fingers resemble a “bear claw”. Hold this claw position for approximately 8 seconds (you are firing up the intrinsic muscles in those hands). Encourage hands/fingers projecting forwards/elbows off desk surface.
3. Have kids place their non-dominant hand palm up under their thigh. Demonstrate touching the tip of each finger to the tip of the thumb slowly making “good O’s”. Do 3 series of these finger touches saying, “index, middle, ring and little” or some other personal catchy words each time.
4. Keeping the non-dominant hand under the thigh, ask student to pick up a pencil/pen (already on desk) in the middle of the shaft of the pencil/pen and “twirl” the pencil slowly 5x’s away from body. Stop! Now, twirl the pencil 5x’s toward the body. If you drop the pencil that is OK. If you are struggling to twirl pencil (5-year-old and under crowd), please use 2 hands to twirl the pencil.
5. Lastly, walk/inch the fingers down the pencil shaft to where “the paint meets the wood”. Put non-dominant hand on paper to “hold” it. The hand is now ready to write with the muscles of the hand “cued up”!

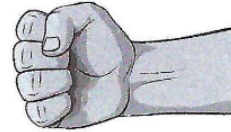
Video: <https://www.murraytherapy.com/activities/zoom-game>

THE ZOOM GAME

1. Rub hands together



2. Make a fist with one hand and smash it into the other hand



Do both hands 5 times

3. Claws

Hold for 8 seconds



4. Tip of finger touches

"Index, Middle, Ring, Little"



5. Pencil Twist

