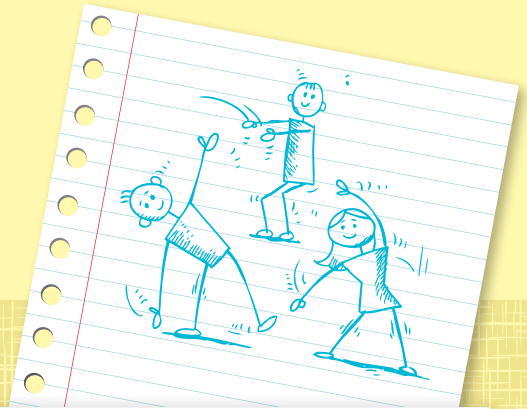


ACTIVITY

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 THE gold standard in handwriting instruction. For over 125 years, our signature method has helped to develop students' legibility, fluency, and literacy skills. **Learn about our new © 2020 Edition** with complete instruction in English and Spanish for grades K–6!