



PRE-WRITING PRIME

1m 53s

A quick pre-writing session -
'Prime' your upper limb and core muscles to help you sit still and write neatly!



Movement	Seated modifications	Other modifications	Progressions	Watch points
Chimpanzee swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing	• Shoulders down and back • Chest upright • Tummy muscles squeezed
Koala balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wiggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with... - Your feet closer to the floor - Only one foot lifted	• Try the Koala Balance with straight legs. • While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	• Tummy scooped in (tummy muscles squeezed) • Shoulders relaxed and arms crossed on chest • If your lower back hurts, rest then try again (focusing on squeezing your tummy)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Goanna climb	Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time.	Standing: Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).	Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).	• Looking down at the floor • Abdominals squeezed • Shoulders pulled down away from ears • Body in a straight line (tummy off the floor). Think of your body as a plank of wood being lowered down and lifted back up whilst staying strong and straight. • Hips level with the floor throughout the movement