

# 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**