

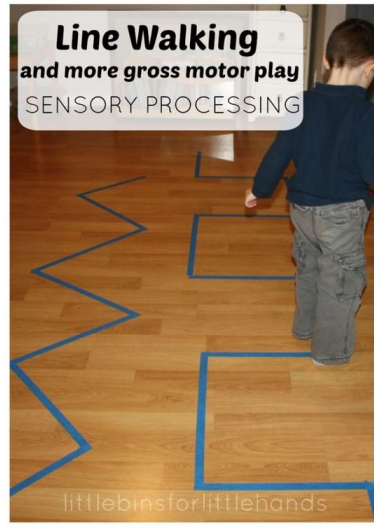


Handwriting Interventions

Target	Intervention	
Gross motor		Animal exercises (look at 'Zuu' for inspiration)
	<p data-bbox="875 842 1227 874">Newspaper Snowball Fight</p> 	Newspaper 'snowball' fight. Screwing up the paper balls good to develop grip strength.

Handwriting Interventions



Line walking 'obstacle course' – down corridors or in outside areas?

Using vehicles to follow lines as well as walking on them.

Crossing the mid-line



Figure of 8 race track (with cars or traced with pencil)

Handwriting Interventions



Passing games around a circle.



Rainbow drawing – sit on big piece of paper and draw large archs of different colours passing around body.

Handwriting Interventions

Pincer movement



Printing/stamping with smaller objects that must be held with fingers rather than a fist.



Tweezers to pick up various sized objects.
Tape over the top of the tuff tray to increase wrist/elbow/shoulder flexibility.

Handwriting Interventions



Pom pom sorting with tweezers



Modified chopsticks (by gluing peg between them) to pick things up.

Handwriting Interventions






Picking things up with pegs as an alternative to tweezers.



Hole punching paper

Handwriting Interventions

		<p>Transferring water using pipettes.</p>
<p>Tripod grip</p>		<p>Manipulating paper clips (while holding pom pom or similar with 4th and 5th fingers, if needed)</p>
		<p>Use of pencil grip or alternative (eg. peg as in picture) to keep 4th and 5th fingers tucked into palm.</p>

Handwriting Interventions



Nail painting cardboard cut outs



Threading thin objects (flower stems/pipe cleaners) through small holes eg. colander

Grip strength



Using dustpan and brush – also helps to develop wrist flexibility and crossing midline.

Handwriting Interventions



Squeezing a spray bottle. Could fill with diluted paint to create art work.



Make cut in tennis ball. Children squeeze the ball to open the 'mouth' and feed it beads/pompoms etc.

Handwriting Interventions



Smashing cereal with toy hammers– also develops wrist flexibility.



Kitchen tongs to move/manipulate larger objects. Also helps crossing midline and wrist flexibility.



Squeezing water from sponges.

Handwriting Interventions

Wrist flexibility



Car wash/doll wash. Could also help with grip strength and crossing midline.



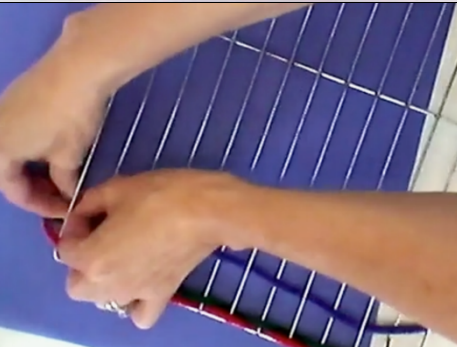


Toy hammers/screw drivers into a hard object like fruits or vegetables – also improves grip strength.


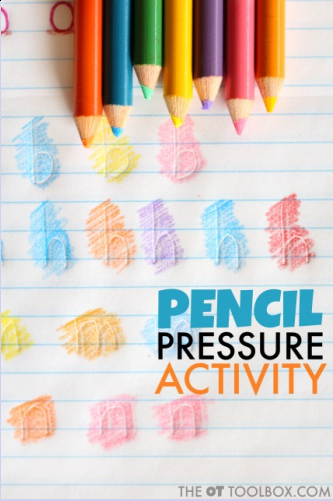


Drawing/writing on walls causes wrist to go into a slight extension which is the optimal position for holding a pencil.

Handwriting Interventions

		<p>'Lid board' – could just use empty bottles to practise twisting motion.</p>
		<p>Pouring and filling containers with rice/water etc. Also helps grip strength and crossing midline.</p>
		<p>Weaving paper or pipe cleaners through the holes of a metal tray.</p>










Handwriting Interventions

		<p>Peeling and sticking stickers</p>
<p>Appropriate Pencil Pressure</p>	 <p>PENCIL PRESSURE ACTIVITY</p> <p>THE OT TOOLBOX.COM</p>	<p>If pressing too hard: get children to write a letter and rub it out. If the adult can still read it, they've pressed too hard.</p> <p>If pressing too lightly: practise creating 'ghost letters'. Have two sheets of paper on top of each other. Ask children to write various letters and see if they can push hard enough to create a 'ghost letter' on the bottom page.</p>

Handwriting Interventions

**Pencil control (pre-letters)
General letter formation**

Sequence of Pre-Writing Strokes*

	Vertical Line	2-0 years (imitated)** 2-10 years (copied)**
	Horizontal Line	2-6 years (imitated) 3-0 years (copied)
	Circle	2-9 years (imitated) 3-0 years (copied)
	Cross	4-1 years (copied)
	Diagonal to Lower Left	4-4 years (copied)
	Square	4-6 years (copied)
	Diagonal to Lower Right	4-7 years (copied)
	"X"	4-11 years (copied)
	Triangle	5-3 years (copied)

* Information from the Beery Test of Visual Motor Integration
** "Imitated" means a child watches a demonstration of a writing stroke and imitates it. "Copied" means there is no demonstration of the stroke.

www.KidsMasterSkills.com www.HandwritingPrepForKids.com © 2018 Lisa Merrill MEd, OTR/L 5

Practise drawing/painting all pre-handwriting shapes (encourage anti-clockwise motion for circle, square and triangle).

Handwriting Interventions



Practise drawing vertical lines between two horizontal lines and stopping at the correct place. Could also use other pre-handwriting shapes (circles, squares etc.) to develop spatial awareness and pencil control in relation to lines.



Paint bags to practise pre-handwriting shapes (or letters)

Handwriting Interventions



Drawing around patterns created by pins or stickers. 3D pins helpful for those with less control for sensory feedback.


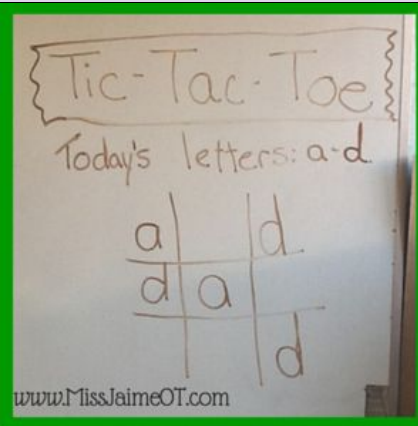
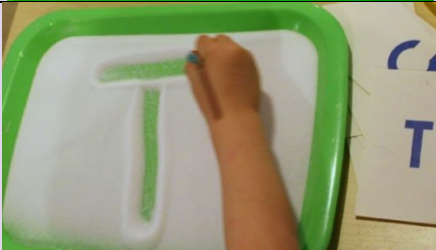


'Jumbo' dot to dots.



Numbers 1-6 on a dice are assigned a target letter for the child. Roll the dice and write the letter in the spaces.

Handwriting Interventions

	 A hand is shown painting the letters A, B, C, D, I, J, K, P, and Q on a dark chalkboard. The letters are white and have a slightly textured appearance from the paint.	<p>Painting chalk board letters</p>
	 A Tic-Tac-Toe board is shown with the letters 'a' and 'd' written in the squares. The board is titled 'Tic-Tac-Toe' and 'Today's letters: a-d'. The letters are written in a cursive style. The website address 'www.MissJaimeOT.com' is visible at the bottom.	<p>Choose target letters for child instead of noughts and crosses. Check/correct formation each time.</p>
	 A hand is shown writing the letter 'T' in a green sand tray. The letter is formed by a green marker or stick.	<p>Salt or sand trays</p>

Handwriting Interventions



*Up and round the apple
down the leaf.*

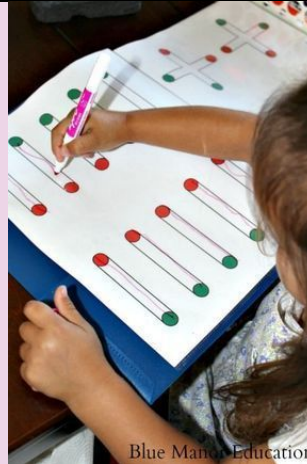
Letter formation 'commentaries' – see RWI for examples or make up your own (just ensure they are consistent)



Hairy Letters app

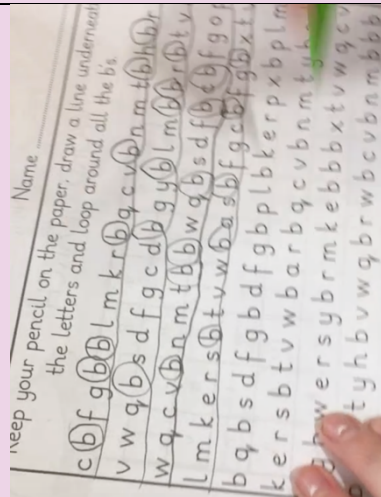
Handwriting Interventions

Correct orientation and direction





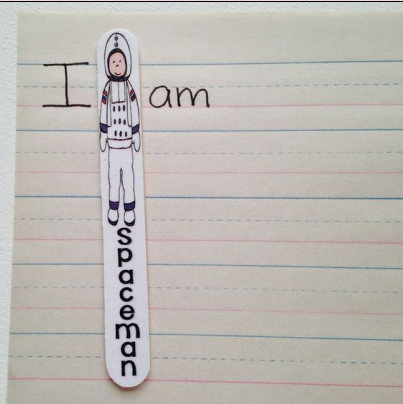
Blue Man Education

Use coloured dots to show start and end points for pre-handwriting shapes and letters.



Highlight/circle letters often reversed (eg. b and d) to improve recognition.

Handwriting Interventions

		<p>Developing anti-clockwise circular motion using stickers or similar.</p>
<p>Spacing between words</p>		<p>Tell children they need to leave enough space between words for a small sticker. Stick stickers in appropriate sized spaces as they write or at the end. Target for how many stickers achieved.</p>
		<p>Spacing sticks – more memorable than using finger</p>

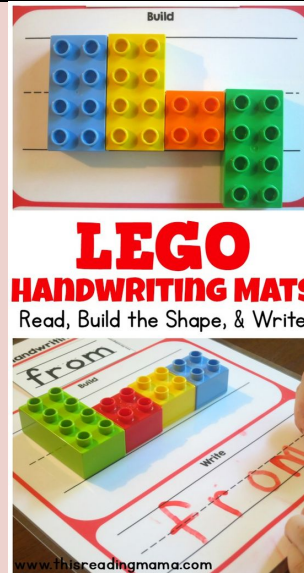
Handwriting Interventions

Correct relative size of letters and placement on the line

MATCH THE WORD BY LOOKING AT THE LETTER SHAPES
Circle your answer

stump	
innings	
wicket	
century	
batsman	

Matching words and blank letter shapes to draw attention to relative size of letters and placement in relation to the line. Could also do the other way around and give children blank squares and get them to guess the word.



Build letter shapes with duplo or lego before writing.

Handwriting Interventions



Highlight half the line to help children differentiate between small letters and ascenders.

Washi tape or coloured line to help them remember to write beside the margin.