

CARE & LEARNING SERVICE OCCUPATIONAL THERAPY ADVICE FOR

HANDWRITING

The following ideas all focus on teaching the brain about handwriting and letter formation, whilst reducing the physical demands of handwriting.

HANDWRITING WITHOUT WRITING:

- Make letters out of different materials, eg Playdoh, string or cardboard
- Use “Rol-n-Write” letters and numbers
- Play games that involve size and/or direction, eg obstacle courses, board games, ball games
- Play spot the difference, snap or “odd one out” games; include letters in this, especially ones that are often reversed or upside down
- Visual letters (magnetic, foam shapes around the home / class)
- Stencils – feel shapes with fingers, eyes open, then closed
- Walk out letter shapes on the floor

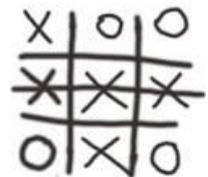


WRITING WITHOUT A PEN / PENCIL:

- Encourage your child to make letters or shapes in different materials with their index finger, eg foam, sand
- Finger paints
- Use water and brushes outdoors, on walls or the floor
- Write letters with finger on your child’s back or hand and get them to guess the letter

PEN/PENCIL IDEAS:

- Dot-to-dot activities encourage your child to plan in advance and to check their work
- Mazes are a great way of helping to develop pencil control
- Play games that involve making marks on paper, eg noughts and crosses, keeping a tally of scores



HANDWRITING IDEAS:

- Use different writing implements, eg chalk, thick pens, whiteboard markers
- Write over sandpaper; this will increase feedback from the muscles in the hand to the brain; writing on brick walls or the pavement does the same
- Use novelty pens, eg ones that light up with pressure or vibrating pens; this increases awareness and makes writing more fun
- Chalkboard – tracing over shapes with different coloured chinks, or pavement chinks
- Write on vertical surfaces, eg blackboard or use glass pens (most whiteboard markers also wash off easily) on windows, mirrors or bathroom tiles. This increases shoulder stability and makes it easier to ‘self-check’ work
- You can recreate this position by lying on the floor and sticking paper under a desk / table



AT HOME:

- Write a list of favourite things such as football players or cartoon characters
- Help with writing a shopping list
- Use of a white board where child can leave messages to the family
- Send a postcard/card to friend/relative who will write back

OWN IDEAS:

Hopefully the ideas above will have got you thinking of other fun activities, here’s a space to note them down.
