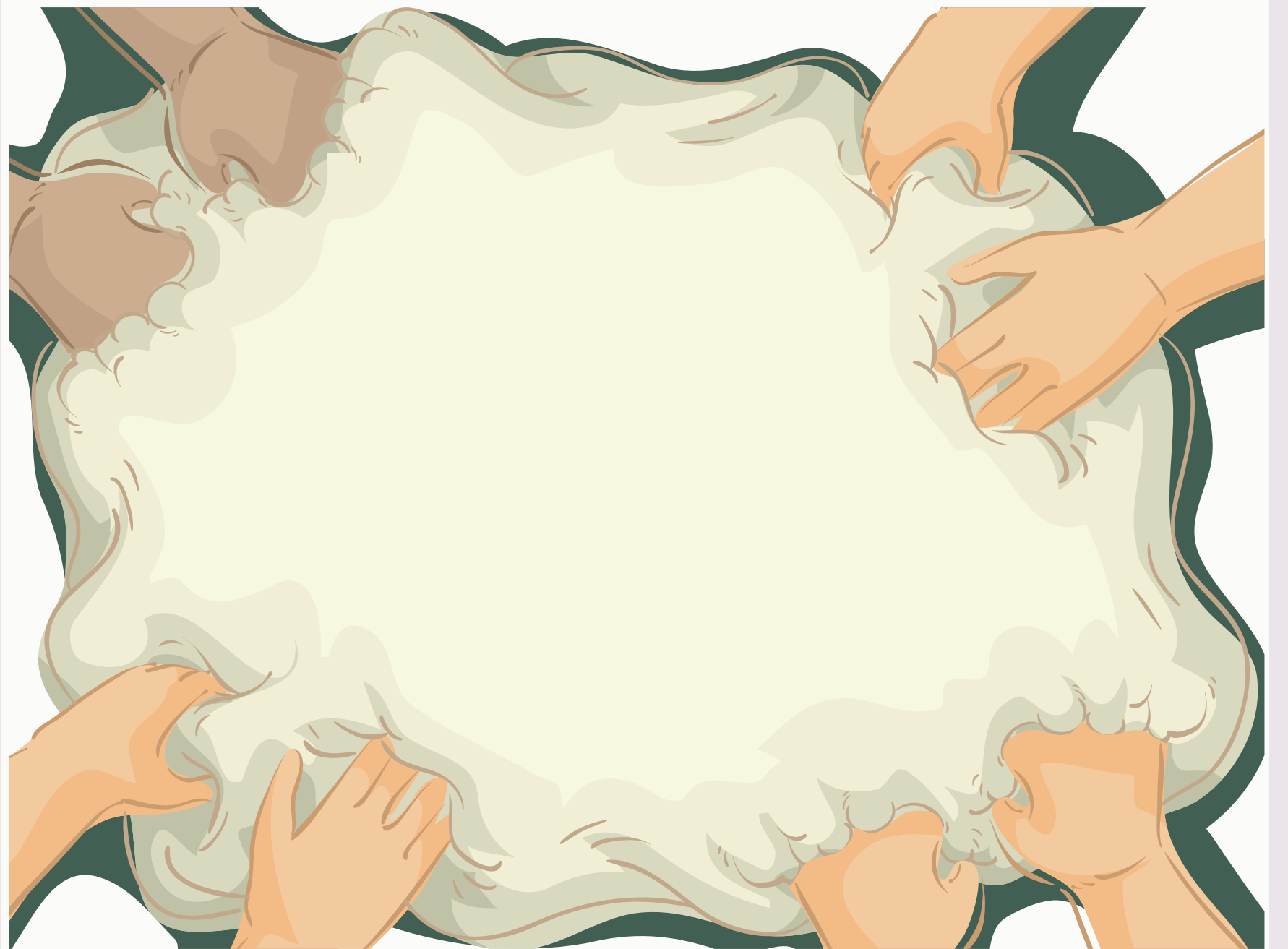




Classroom Handwriting Exercises



Activity:

Using play-doh or theraputty, ask students to first roll into sausage shapes and then letter or number shapes. Go through the alphabet or spell out names! Ask students to then press and squash the play-doh with their thumb or index finger.

Purpose:

This activity works our fine motor skills, which is a key part of neat and efficient handwriting!

Make it achievable!

Play-doh is a little easier to manipulate than theraputty. If play-doh isn't available, use the pink / red theraputty.

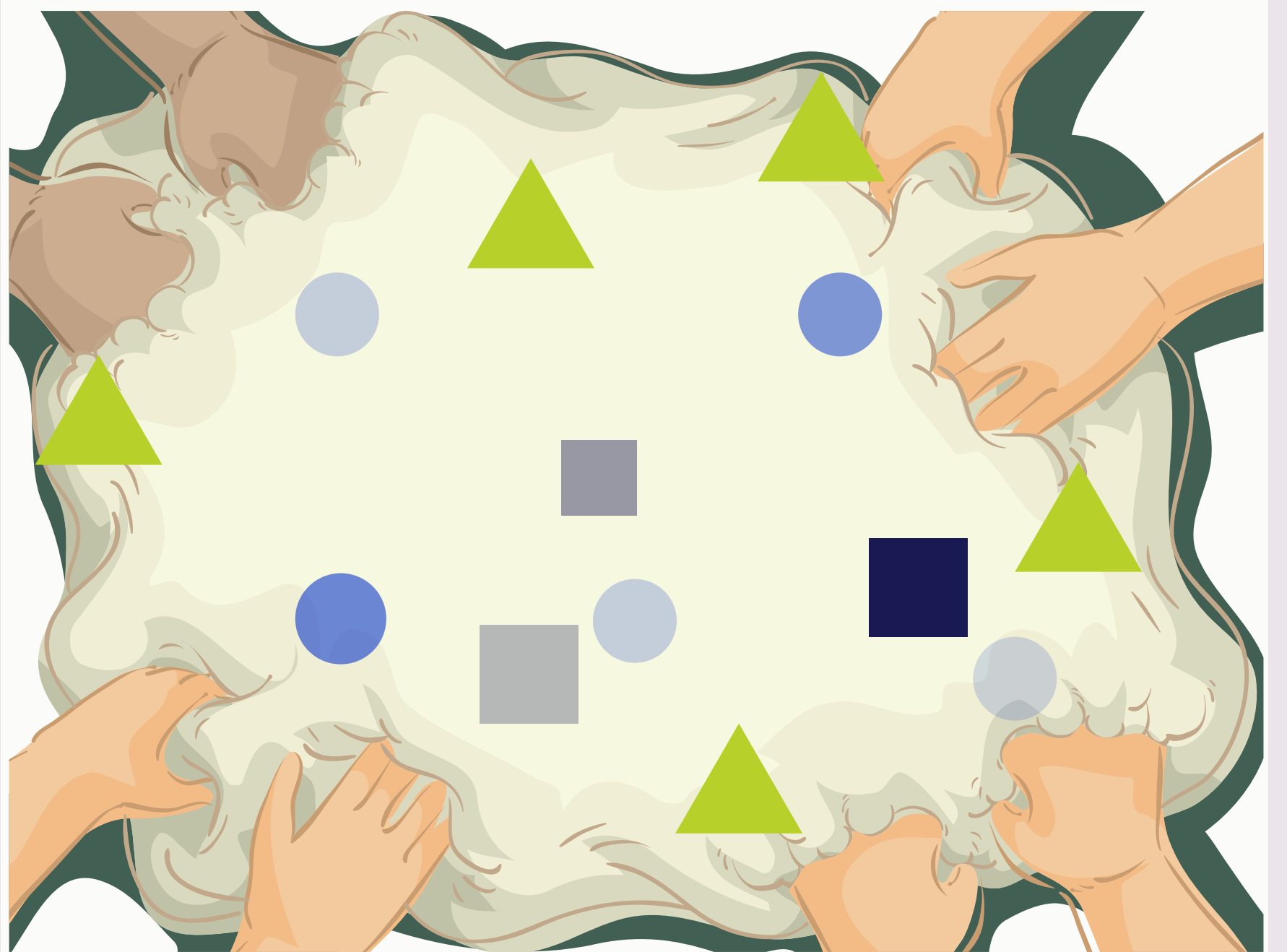


Make it challenging!

Use green or blue theraputty.
You could ask students to make very small letters and numbers!



Classroom Handwriting Exercises



Activity:

Hide shapes or motivating items in play-doh or theraputty and encourage children to find them.

Purpose:

This activity works our fine motor and tactile discrimination skills.

It's also highly motivating and lots of fun!

Make it achievable!

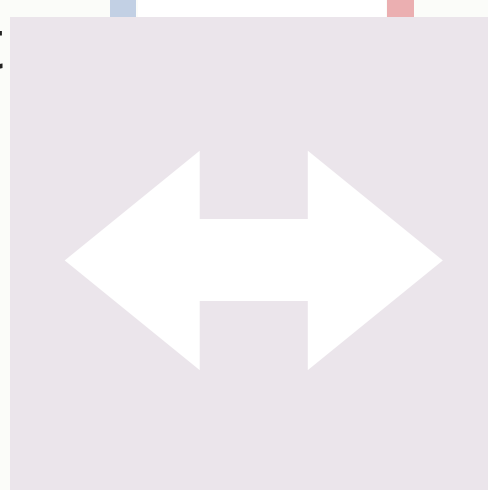
Make the pieces a little bigger to start with.

Also, play-doh is softer and easier to manipulate. If theraputty is used, use the pink / red.

Make it challenging!

Use smaller pieces and use with the green or blue theraputty.

You could also try doing the task blind folded!





Classroom Handwriting Exercises



Activity:

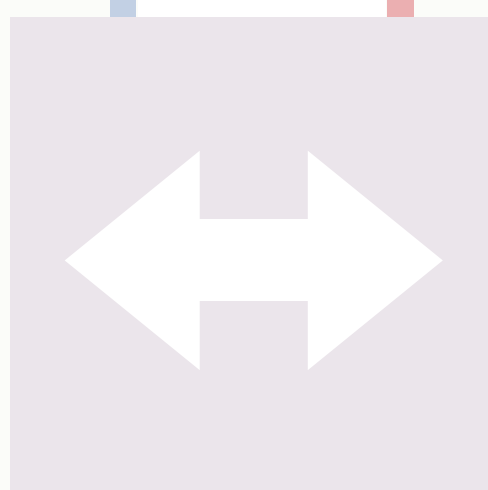
Ask students to write in a tray of sand, flour or shaving foam.
Students can use a pen/pencil or write using their finger.

Purpose:

This works on finger isolation, letter formation, pencil/pen control, tactile and visual memory - all required for handwriting.

Make it achievable!

Offer a visual for students to copy letters, words or numbers from or offer the word or letter verbally.



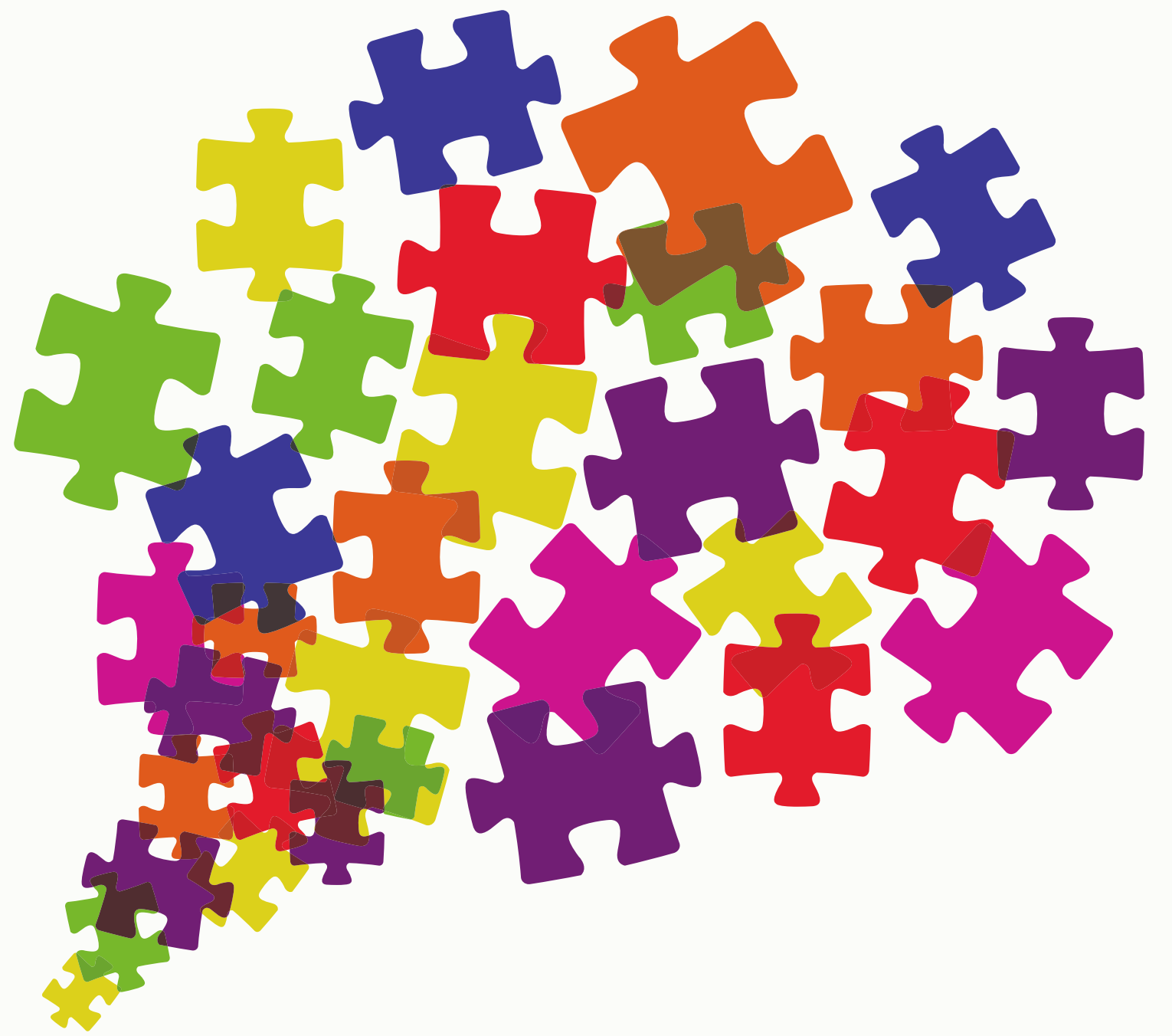
Make it challenging!

Ask students to spell words in the sand / shaving foam trays.

Ask students to change the size of the letters and numbers.



Classroom Handwriting Exercises



Activity:

Do a puzzle!

Purpose:

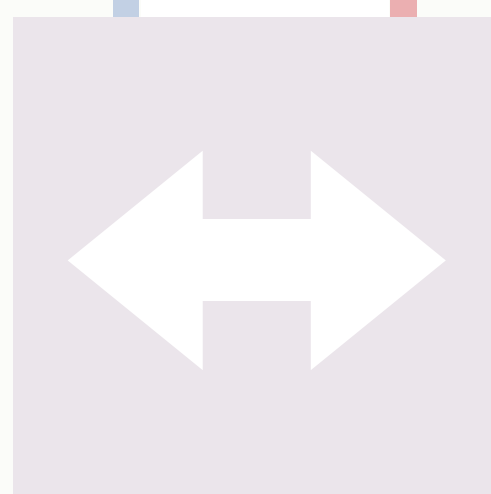
This works our fine motor, cognitive, hand/eye co-ordination and visual perception skills...all required for efficient and improved handwriting!

Make it achievable!

Have larger and fewer pieces and offer help or assistance to start the puzzle.

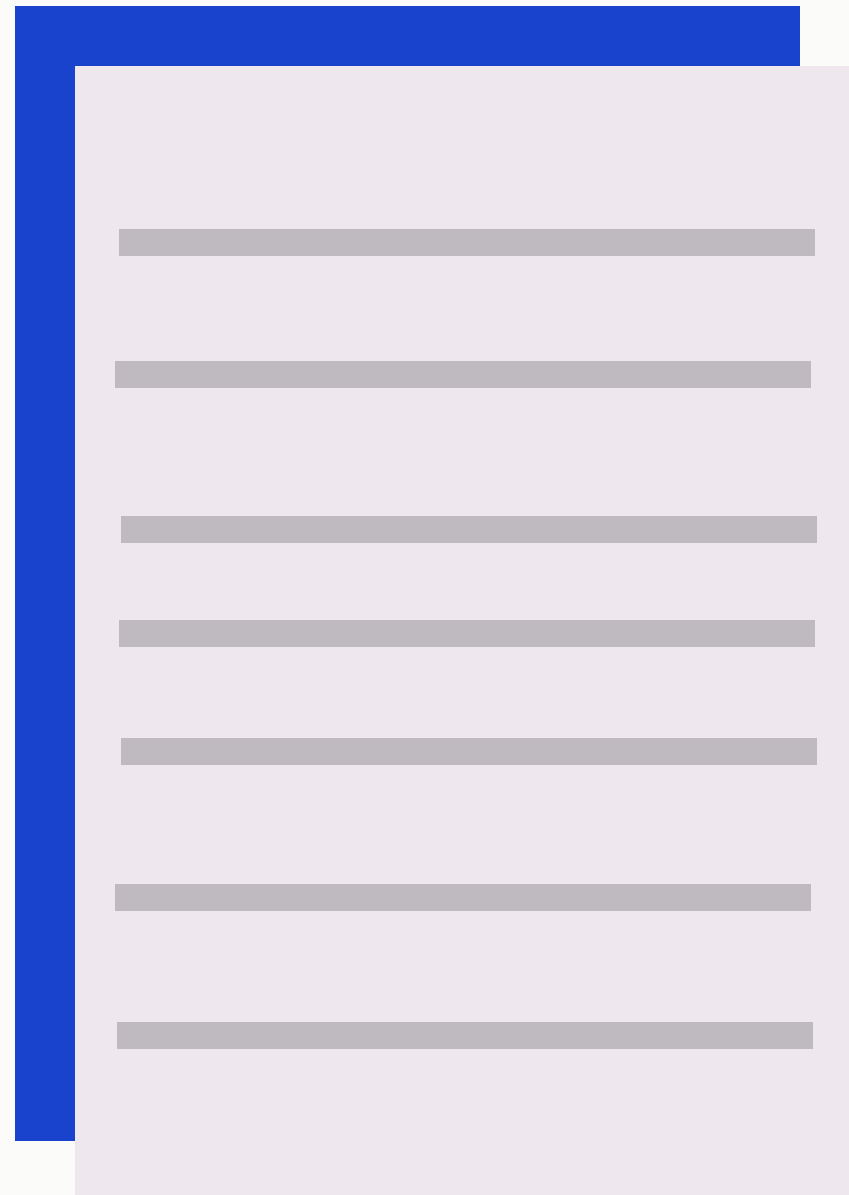
Make it challenging!

Use a puzzle with smaller pieces or more detailed puzzles!





Classroom Handwriting Exercises



Activity:

Place a thin piece of foam underneath the student's page and ask them to write a motivating story or draw a picture!

Purpose:

This helps students to begin to think about grading the amount of force required when writing.

Make it achievable!

Ask students to draw or copy a picture.

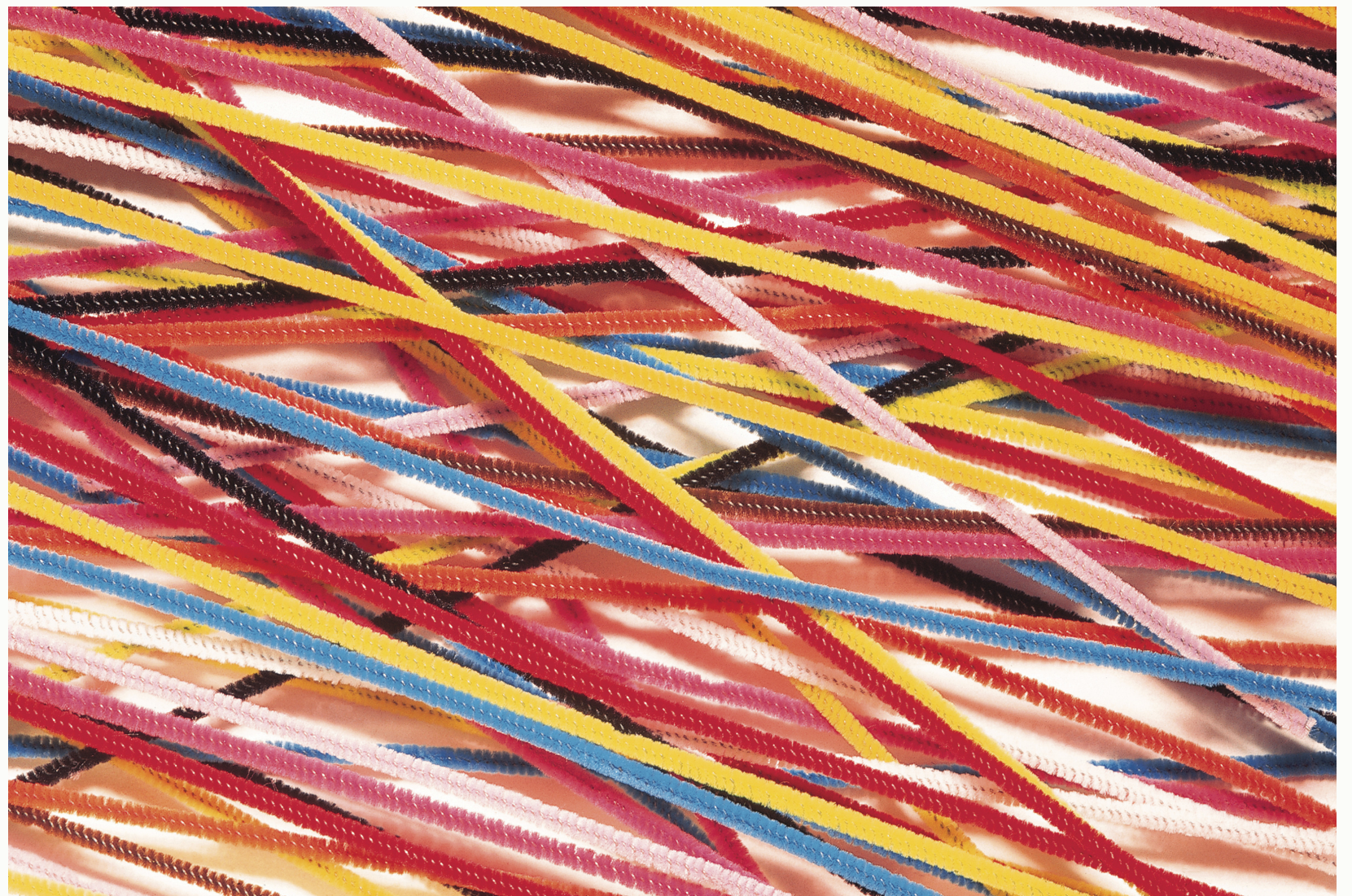


Make it challenging!

Set a timed piece of work - ask if students can draw a picture in 1 minute or ask them to complete a writing task.



Classroom Handwriting Exercises



Activity:

Give students a pipe cleaner and ask them to mould and shape it into something. Students can think and plan this themselves (great for praxis skills!) or teachers can discuss ideas with them.

Purpose:

Great for strengthening the hand and fingers, for force grading, imagination and problem solving. Also, fantastic for praxis skills!

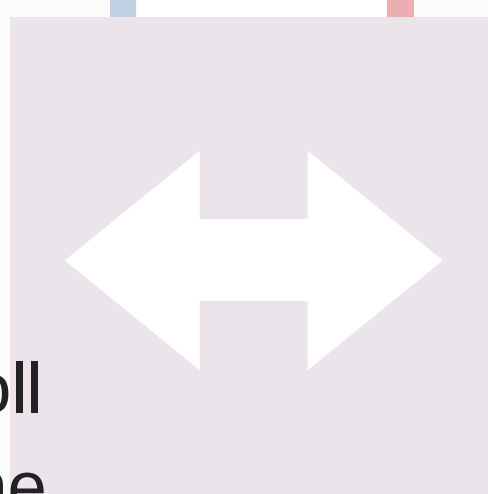
Make it achievable!

Provide the students with ideas of what to make and offer help and assistance, where required.

If a child can not follow the activity, roll the pipe cleaner into a ball and ask the student to straighten as much as possible.

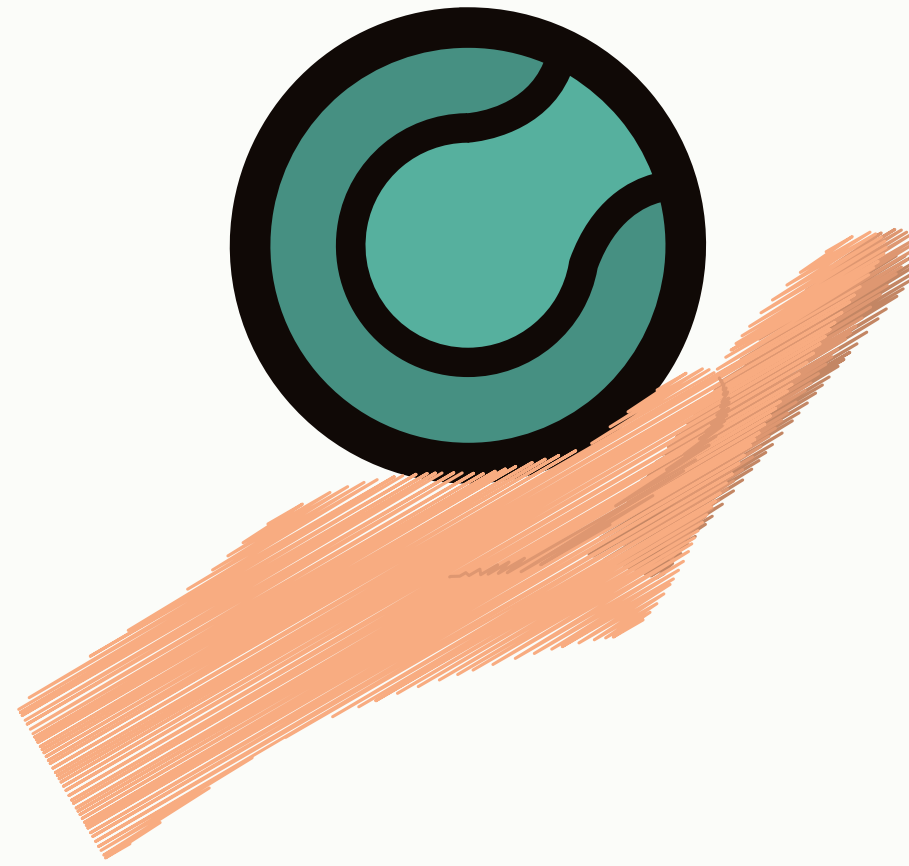
Make it challenging!

See if the student can think of their own 'thing' to make!





Classroom Handwriting Exercises



Activity:

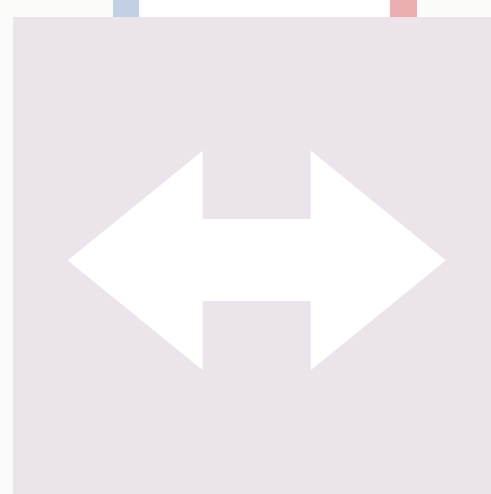
Have stress balls available for squeezing and for rolling over letters and numbers!

Purpose:

Great for strengthening the hand and fingers and for hand-eye coordination.

Make it achievable!

Just playing with the ball and squeezing it occasionally is likely to offer some input to the hand and fingers!



Make it challenging!

Ask students to roll the ball over a letter pinned up on the wall.

This will also work their shoulder strength and stability!