

GAMES AND ACTIVITIES TO ENHANCE HANDWRITING SKILLS

Components of Handwriting

“Ready to Write”: Developmental milestones at each age related to writing readiness (great to know for parents)

Sensory Motor Perception: How our various sensory systems affect our motor systems and the impact on handwriting abilities

Gross Motor Skills:

- Components: muscle strength, balance, use of two hands together, motor planning
- Weaknesses related to handwriting
- Activities
- Things to Remember: Look for activities that support:
POSTURE: child + furniture
BALANCE
PRONE (lying on stomach and propped on elbows)
USE OF TWO HANDS TOGETHER
MOTOR PLANNING

Fine Motor Skills

- Components
- Pencil Grips according to ages, inefficient and efficient ones
- Weaknesses related to handwriting
- Activities
- Things to Remember: Look for activities that support:
SHAPING THE HANDS
USE OF THE INDEX FINGER
USE OF THE THUMB +2
VERTICAL PLAY WITH THE HANDS

Visual: Physical and Perceptual

- Components
- Spatial terms (on, up, etc) developmental ages
- Weaknesses related to handwriting
- Activities

- Things to Remember: Look for activities that support:
TRACKING THROUGH PLAY
BODY TO 3D TO 2D
UNCLUTTER AND UNLOAD
VISUALIZATION
ART AND MATH

Tactile/Proprioceptive Perception

- Components
- Weaknesses related to handwriting
- Activities
- Things to Remember: Look for activities that support:
SENSORY ALERTNESS
BIGGER IS BETTER
EYES CLOSED
MAKING IT AUTOMATIC

General Principals

- STABILITY TO MOBILITY
- PROXIMAL TO DISTAL
- LARGER TO SMALLER
- BODY TO 3D TO PAPER
- FREEDOM “TO BE” (SALLY DUTTON)
- “BEGIN AT THE EDGE OF THE FAMILIAR” (DR. DESMOND)