

**Solutions to Specific Problems with Handwriting:** such as: poor grip, inappropriate pressure, difficulty forming letters, inappropriate spacing, etc.

**Fine Motor Activities:**

- Fine Motor Games such as Pickup sticks, kerplunk, Jenga, light bright, card games etc. Animal walks in relays to complete puzzle activities etc. Pictures with seeds and beans (use fingers or tweezers). Ripping, tearing, and crumpling paper to glue in the pictures. When painting, drawing, or writing use an easel/vertical board. Collages- either cutting or tearing the pictures. Use manipulatives during math such as tongs to pick marbles up, coins or tokens, or any small items. Songs that have different hand gestures or isolated finger motions such as thumb kin. Stringing beads, using play dough, medicine dropper.

**Teaching Approaches:**

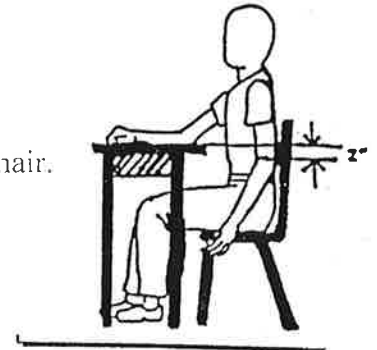
- Direct instruction: One on one or small group. Teach directionality concepts. Multisensory approach-kinesthetic, visual, auditory, tactile. Consistency in expectations. Repetition is the mother of knowledge. Supervision to develop good habits. Opportunities for student self evaluation. Handwriting Without Tears.

**Warm Ups:**

- Brain gym lazy 8's (use each hand, then both). Brain gym marching and touching opposite knee. Joint stimulation-isometrics pressing palms together in prayer position or wall pushups. Any of the fine motor activities previously discussed.

**Positioning:**

- Knees and hips bent at 90-degree angle. Hips resting against back of chair.
- Chair positioned 1-2 inches from the edge of the desktop.
- Desk height about 2 inches above elbow resting at side.



From Loops and Other Groups<sup>3</sup>

**Technology:**

- Pencil grips. Different sizes and styles of writing utensils. Different types of lined paper. Computer access. Slant boards.

**Accommodations for Left Handed Writers:**

- Group left handed children together to increase modeling. Teach correct body position ie trunk should be to the right of the paper. Teach correct paper slant: tilt top of paper to the right and slant 30-45 degrees. Teach proper tripod grip such as holding 1.5 inches back from the pencil tip. Keep writing hand below writing line.

**Thanks for helping increase kid's self esteem, for teaching a skill that will be used in daily life and for helping kids be successful. Please ask your school Occupational Therapist any questions.**