

# HANDWRITING INFORMATION.

- IN THE FOLLOWING SECTIONS, WE LOOK AT PREWRITING AND HANDWRITING SKILLS. (INCLUDING LEFT AND RIGHT DOMINANCE)
- WE ALSO LOOK AT THE DIFFERENT DEVELOPMENTAL MILESTONES FOR CHILDREN IN THIS AREA AND SOME OF THE CHALLENGES OF ACQUIRING AND MASTERING THESE FUNDAMENTAL SKILLS.
- FINALLY, WE LOOK AT PRACTICAL WAYS OF CONSOLIDATING AND PROGRESSING HANDWRITING SKILLS THROUGH SPECIFIC EXERCISES, CHILD FRIENDLY GAMES AND EVERYDAY ACTIVITIES.



# Writing Skills

## Definitions:

- **Pre-writing:** The skills needed to develop before formal handwriting can take place. Holding (grip), copying, making pencil strokes.
- **Product - what it looks like:** Formation, legibility.
- **Process - how it is performed:** grip, speed, mechanics, any pain experienced.

# Handwriting Skills.

## Top tips!

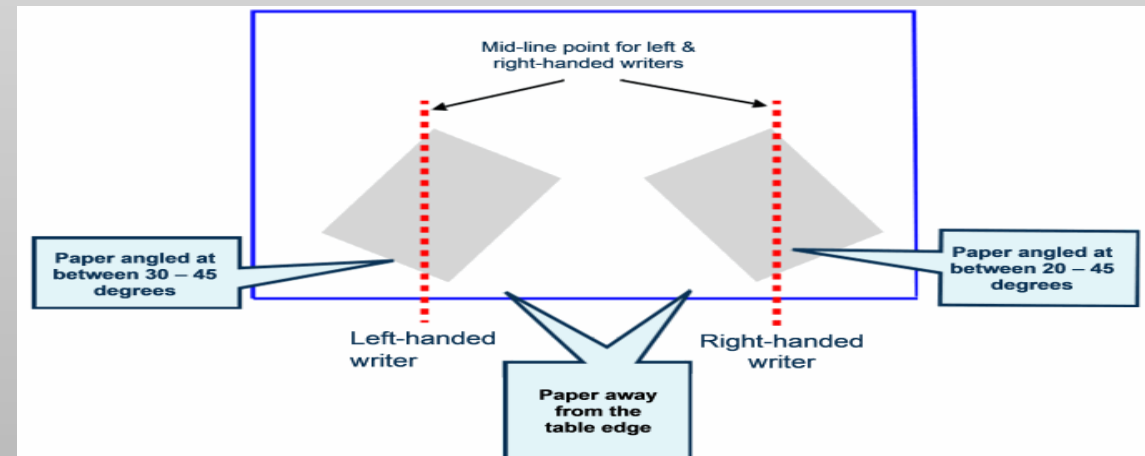
- Sitting: consider the height of table and chair  
feet flat on the floor  
bottom to the back of the chair  
forearms resting on the table

for further info/reading see

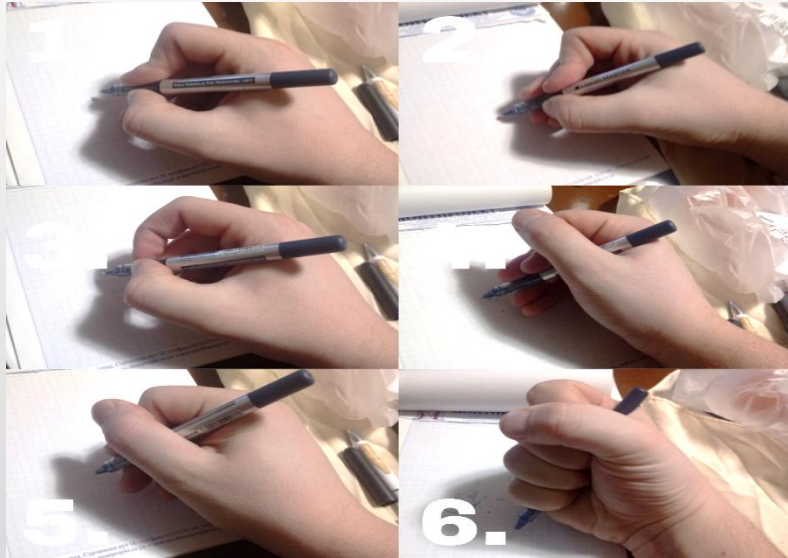
<https://occupationaltherapy.com.au/the-importance-of-good-sitting-posture-for-handwriting/>



- Paper position: angle the paper  
angled boards (20°)
- Pencil grip: (see next slide)



# Kinetic Letters Pencil Grip



Children may hold a pencil in a variety of ways.



The tripod grasp is recommended. The pencil is held by the index finger and thumb. The middle finger acts as a 'pillow' underneath the pencil

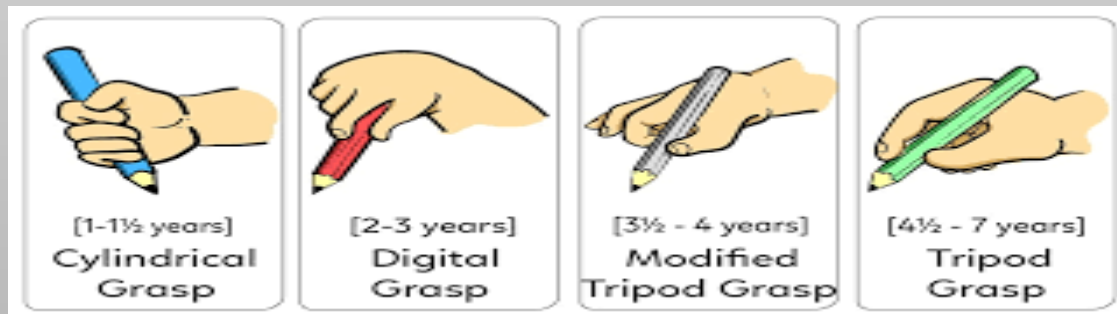
- Point the pencil at my tummy.
- Pick it up with my holding fingers.
- Tip it back and lay it across my hand and pop my pillow finger underneath.



This is a rhyme used in the kinetic letters programme to help the children remember how to hold their pencil. <https://kineticletters.co.uk/>

# Examples of Handwriting Milestones in Children.

- Scribbles
- Making horizontal, vertical and circular lines
- Imitating then copying shapes and symbols
- Grasping pencils leading to pencil grip
- Size recognition and able to control size (big to small)
- Control moves from shoulder to wrist to hand to fingers



Progression of Pre-writing Strokes

Years	Imitate	Copy
1		
2	—○	
3	+	—○
4	□/\ /	+
5	△	□/\ /

www.TheHandedOT.com



## Challenges for Handwriting Skills.

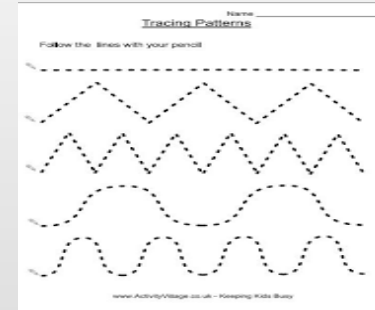
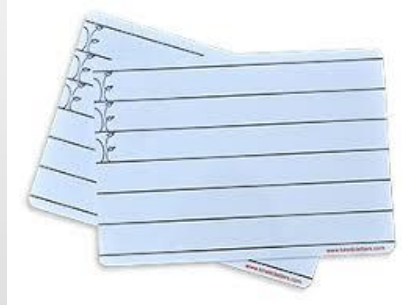
- Lack of upper body strength and stability or posture
- Lack of hand and finger strength
- Difficulty with grasp and object manipulation
- Difficulty using both hands  
(bi-lateral integration and co-ordination)
- Unknown hand dominance
- Difficulty with eyesight, visual perception or hand eye coordination
- Cognitive concerns, including number and letter awareness or planning and sequencing



# Specific Exercises

There are many worksheets, books and exercises available in shops and online.  
Mawsley children will be familiar with Kinetic letters formation.

- Fluency sheets



- Poking and pointing games

<https://www.yourtherapysource.com/blog1/2017/07/05/finger-games/>

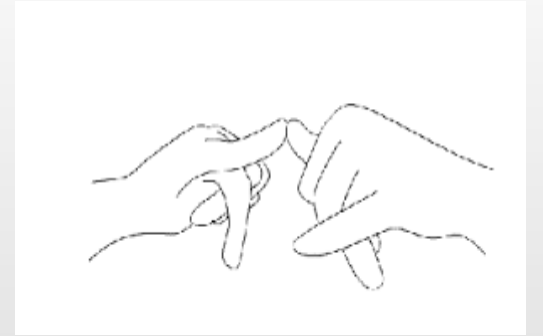
- Vary the place where the child draws/writes/paints, (e.g on the floor or vertical) and the object they use (e.g size of chinks, pens, type of paper)

This is a great pdf download for handwriting warm ups

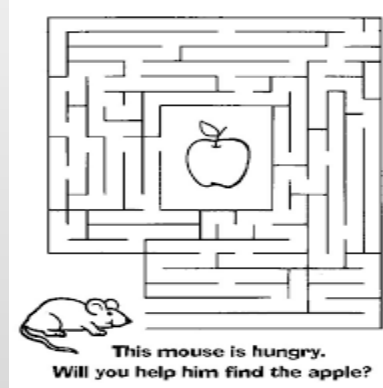
[http://www.grangeparkprimaryschool.co.uk/storage/secure\\_download/OctvZzYzYzImZFFQQkxZbWpwdktWUT09](http://www.grangeparkprimaryschool.co.uk/storage/secure_download/OctvZzYzYzImZFFQQkxZbWpwdktWUT09)

# Games

Song or rhymes with actions, e.g Incy Wincy Spider



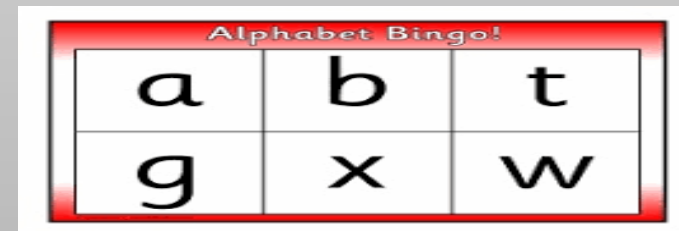
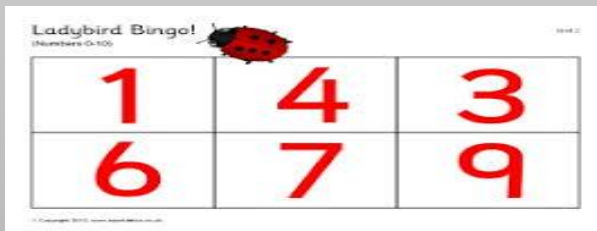
Mazes or dot to dot



Card games



Letter and number games (to familiarise and secure recognition)





# Everyday Activities

- Here's a great opportunity and excuse to get the children busy and useful!!
- Lots of everyday tasks and chores involve having to manipulate objects and strengthen the hands.
- They are also great for planning, organising and integrating cognitive, physical and sensory experiences.

Kitchen utensils - scissors, salad tongs, rolling pins, graters



Dressing - buttons, zips or tying shoe laces



Playing activities - sand and water activities



Household tasks - dusting, sorting and putting cutlery away, turning on a washing machine

# Left Handers

It is estimated that 10 - 15% of the population are left handed.

- Pencil grip and paper position are important.

[http://www.anythingleft-handed.co.uk/library/ALH\\_handwritingfactsheet.pdf](http://www.anythingleft-handed.co.uk/library/ALH_handwritingfactsheet.pdf)

There are also useful videos on YouTube.

- Left handed equipment is available (left handed scissors in school are green and yellow coloured).



- Think about how other activities will be executed - e.g cutting will be clockwise not anti-clockwise.
- Seating and positioning in the class are also important to allow page/book and elbow room!!