

PRE-WRITING READINESS: STRATEGIES/ACTIVITIES

Activities to promote Motor Control/Strength and Bilateral Coordination

- Utilize vertical surfaces such as chalkboard or slant board
- Promote whole arm movements when drawing pictures, shapes, numbers and letters on sidewalk or chalkboard
- Use various materials/textures to provide resistance and increased resistance during fine motor activities
- Copy cat games such as clapping hands to a rhythm may be used to reinforce right/left discrimination
- Performing classroom activities lying on stomach such as reading, drawing and/or writing
- Cutting objects with graded resistance (paper to cardboard)

Activities to promote Fine Motor Precision and Manipulation Skills

- Moving object from the palm of the hand to the finger tips
- Utilize manipulative toys to promote the following:
 - Tripod grasp (drum sticks, Kerplunk, Pick Up Sticks, Squiggle Pen)
 - Pincer grasp (Battleship, Chinese Checkers, Dominos, Don't Spill the Beans, Jenga, Pick Up Sticks, Stringing Beads, Wikki Stix)
 - In-hand manipulation (Topple, Chinese Checkers, Lite Brite, Jenga, Kerplunk)
 - Sense of Touch (Magnetic Fishing Game, Pass the Bag, Kooz Ball)
- Perform art projects involving gluing small objects (rice, sand, beans, macaroni)
- Use clay, Play Doh or Silly Putty and hide small objects to find

Suggestions to Improve Attention

- Decrease the amount of distractions by using dividers, limit child's area by placing desk near a wall or teacher, use of headsets to decrease noise
- Limit the amount of written work
- Use a timer to focus attention on work for short periods of time and/or provide frequent breaks
- Use clear directions with visual demonstration when possible, so student understands what is expected
- Provide a schedule and/or checklist for the student to follow

PRE-WRITING READINESS ACTIVITIES

Activities to Aid Student With Sequencing and Memory

- Practice writing letters with pointer finger in sand, shaving cream, carpet square, or finger paint (with eyes opened, then closed)
- Form letters in the air using whole arm movements (with eyes opened, then closed)
- Use sandpaper letters for student to trace and then write
- Create letters, numbers, or shapes out of Play Doh, clay or Silly Putty
- Memory Game: Adapt the amount of matches to the child's ability and attention span
- Sequence cards using pictures student easily understands
- Simon Says, clapping hands, stomping feet, and/or snapping fingers to a beat to improve motor memory
- Copying patterns