



Hand Activities

Hand turning – place hands down on table. Turn left palm up. Now turn right palm up at the same time as the left hand turns palm down. Keep turning, speeding up until the rhythm breaks down.

Clenched fist – both hands on the table, one clenched, one stretched out. Swap clenching and stretching, building up rhythm and pace.

Drumming fingers – using tabletop. Tap each finger in order, then reverse the order, one hand followed by the other.

Threading beads – one hand holds string while other hand threads beads.

Put dice (appropriate size) in palm of hand. Fingers turn dice to show given number of spots.

Use tweezers to pick up and place a number of small objects into a container.

Handwriting Resource/Programmes

“Write from the Start” by Lois Addy and Ion Teodorescu – a perceptuo-motor approach to handwriting.

“A Hand for Spelling” by Charles Cripps – programme which teaches spelling and handwriting together.

“Speed Up” by Lois Addy – a kinaesthetic programme to develop fluent handwriting.

Writestart Desktop – Angled board with non-slip surface.

Write Angle – angled board with non-slip surface, non-slip feet.

Tri-gro Grips - Uniquely designed contoured pencil grips.

Right Line Paper with Raised Lines

Handhugger Crayons/Pens/Felt-tips –Berol.

Triangular Pencils (Thick & Thin)

Yoropens/pencils

Stabilo especially for lefthanders

Developing Handwriting Skills

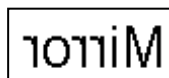




Handwriting Difficulties

Observable Characteristics:

Letter sizes vary in height
Slant of letters irregular
Reversals, inversions, fragmented
Mirror writing
No regularity of spacing
Margins increase
Head almost on the table
Shoulders hunched
Awkward pencil grip
Complains of aching wrist or hand



Classroom Adaptations

Teach cursive writing early
Consider a sloping surface
Provide templates for paper slant
Try out a variety of pencil grips, pens and pencils
Consider paper with raised lines or with coloured lines -
Taskmaster
On the blackboard, mark the beginning and end of each line
with a shape or number
Limit copying from the board
Left-handers sit to the left
When writing in books, use green and red spots to show start
and finish



Furniture sizes – with adaptations

Hand aerobics

Use on-screen word and sentence banks e.g. Clicker 4

Hand and finger exercises / rhymes / activities
Air tracing beginning with circular movements
Mazes and pathways
Dot-to-dot
Finger painting
Sand / lentil tray to trace letters or words
Trace letters on table or hand
Whiteboard and dry pens
Use of wrist weights to help increase pressure
Light-up pens to reduce pressure
Carbon paper sandwich to reduce pressure
Typing tutor – computer based
Dycem non-slip matting

Activities to Encourage the Development of Fine Motor Control

Finger Exercises

Sit at a table. Move fingers as if playing fast music on the piano.

Sit with heel of hands together with fingers curled, fingertips apart. Touch corresponding tips one at a time. Try and do it faster and faster.

Use playdoh to squash and roll.



Use pegs to clip onto a card or paper plate (latter could support learning of time).

Pop bubble wrap with thumb and index finger.

Place a soft ball in palm of hand. Tap it with one finger at a time.

One hand at a time, wriggle fingers individually. Try to keep other fingers still.

Turn cube in fingers.

Put pegs in a pegboard and take them out.

Build a tower with building blocks (one hand)

Finger 'pressups' Progress Chart