

Occupational Therapy

Handwriting - Down-up-down letters

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Basic Hand Warm-Ups

Try and do each warm-up ten times.

If it's tricky to do one warm-up with both hands at the same time, then just do the warm-up activity one hand at a time.

1. Hands open and closed
2. Interlocking finger squeezes
3. Finger pulls
4. Finger taps on table
5. Finger taps on thumbs
6. Finger and thumb pulls and squeezes
7. Finger separations



Down-up-down letters

u

w

v

y



Activity 1 – Writing the down-up-down letters

- Practise each down-up-down letter several times until you feel you can repeatedly do it correctly.
- Take your time with each and don't rush. It's more important to go slowly and carefully so your brain can learn to automatically do these correctly.
- For a challenge when you can consistently do them correctly, write each as many times as you can in a given time limit. Try to make sure they are the same size and neatness.



Activity 2 – Cursive practise

Only try this if you are learning cursive writing or want a challenge:

- Have a go practising each of these down-up-down letters again, but this time start each letter from the baseline.
- This means you will have to draw up towards the start spot in the middle of the line before finishing off the letter.
- Different schools can do their joined up or cursive letters in different ways so ask your teacher to show you how your school does yours.



Accommodations and alternatives

- To get familiar with the letters you could draw them in the air or in a surface like sand or shaving foam with your finger.
- Practising in as many different ways as possible will help you remember how to form each letter. This means writing in different positions, on different surfaces and with different writing tools.
- If it's really difficult to write sticking to a line, practise on plain paper first.
- You can also use paper with bigger spaces between each line on the page to help fit your letters on.

