

Occupational Therapy

# Handwriting - Putting it all together

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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



# Writing checklists

## Am I ready to write?

- ☐ Is my back straight?
- ☐ Are my feet flat on the floor?
- ☐ Is my tummy close to the desk?
- ☐ Is my paper at a good angle?
- ☐ Am I holding my pencil correctly?

## How did I write?

- ☐ Are my letters touching the baseline?
- ☐ Are my letters the correct size?
- ☐ Did I form my letters correctly?
- ☐ Are there spaces between my words?
- ☐ Are my tall letters tall enough?
- ☐ Do my tail letters go under the line?



# Activity 1 - Use the “Am I ready write?” checklist

- Use the checklist to remind yourself of all the things you need to think about before you start writing.
- These included how to sit in chairs, how to sit at the table, how to place the paper and how to hold a pencil.
- Find your checklist and look over it again.
- Go through each step and tick it off when you have completed it.



## Activity 2 - Write several sentences

- Now that you have used your checklist to make sure you are ready for handwriting, it's time to do some writing.
- Now write a few sentences about anything you want to.
  - A good idea is to write about your favourite things, such as games, or friends, or something fun that you have recently done.
- Ask an adult to time you for about 5 minutes.
- If you want a bigger challenge, take more time to write and try longer sentences.



## Activity 3 - Use the “How did I write?” checklist

- Now look back over the writing you have just done.
- Use the “How did I write?” checklist to check over your writing. Take time and check through your work, ticking off each step in the checklist if you can.
- If you can, ask an adult to laminate your checklists so you can use them over and over again.
- You now have 2 checklists, one to get you ready for writing and one to check your work afterwards.



# Accommodations and alternatives

- If you are struggling to think of what to write about for all that time, you could jot down some notes or ask an adult to help you think of some ideas.
- If you are struggling to write it out, ask an adult to write the sentences down first for you to copy or trace.
- Remember, you don't need to write complicated things. Short simple sentences are fine.
- You can use paper with bigger spaces between each line on the page to help fit your letters on.

