

Occupational Therapy

Handwriting - Small, tall and tail 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



Activity 1 – Alphabet writing

- Some types of letters are much harder for some people. Everyone is different.
- We will have a go writing all of the letters to see which ones are hard for you.
- Take your pen or pencil and **write out the alphabet in order**.
- If you need to, you can have an adult help you remember the alphabet by either saying it to you, singing the alphabet song or having an adult write it for you to copy.
- Once you have finished, look through and see which letters you found particularly tricky.
 - See if there is anything in common with each of these.



Activity 2 – Small letter practise

- Take your paper and pen or pencil and write out each of the **small letters of the alphabet**.
- See if you can remember these yourself or use a little help from an adult.
- Once you have finished, check over these and see if you notice any mistakes.
 - Do you see anything in common with any mistakes?

a c e i m n o r s u v w x z



Activity 3 – Tall letter practise

- Take your paper and pen or pencil and write out each of the **tall letters of the alphabet**.
- See if you can remember these yourself or use a little help from an adult.
- Once you have finished, check over these and see if you notice any mistakes.
 - Do you see anything in common with any mistakes?

b d f h k l t



Activity 4 – Tail letter practise

- Take your paper and pen or pencil and write out each of the **tail letters of the alphabet**.
- See if you can remember these yourself or need a little help from an adult.
- Once you have finished, check over these and see if you notice any mistakes.
 - Do you see anything in common with any mistakes?

g j p q y



Accommodations and alternatives

- Have an adult call out each letter if it is really tough to think of them yourself.
- 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.
- Use 4 lined paper if you would really benefit from a hint of how big to make your letters. This type of paper has lines printed on for the baseline, where small letters should reach to, how tall tall letters should reach and where tail letters should drop down to. This paper can be confusing for some people.

