

Occupational Therapy

Handwriting - Basic cursive joins

Aniesa Blore



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 - Individual cursive letters

- To get used to joining up letters, spend time just learning how to write each letter first and then join up two letters without taking your pencil off the paper.
- Most letters join onto the next letter on the baseline, but some join mid-way up the line.
- If a letter has a dot or a cross, wait until you have finished all letters before going back and finishing these ones off.
- If you want a bigger challenge, try joining up 3 or more letters together.
- Try to mix up the different letter joins and letters that need to be finished off afterwards.



Activity 2 - Joining short words

- Practise joining up all the letters in short words.
- Think of some words yourself to practise. Start with just 3 or 4 letters and move onto longer words as you get more confident.
- Do not forget to wait to finish each word before you do all your dots and crosses.
- Have a go practising words that have lots of different letter group letters and both tall and tail letters too.
- As you get better, you might want to try putting a few words together to make a short sentence.



Activity 3 - Joining up the whole alphabet

- For a real challenge, write out the whole alphabet joining each letter as you go.
- This gives you the chance to make sure you practise every letter join there is!
- Do not forget to go back and do all your dots and crosses afterwards.



Accommodations and alternatives

- If you are struggling to think of your own words, ask an adult to help give you part of or the whole word.
- If you are struggling to write it out, ask an adult to write the word down for you to copy or trace.
- Concentrate on small words first until you get more confident to tackle longer words.
- 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.

