

## ACTIVITIES TO IMPROVE PRE-WRITING SKILLS

1. Wheelbarrow walking-child's hands are on floor, pick up feet and "walk" child on his/her hands.
2. Pouring from small pitcher to specific level in clear glass. Increase size of pitcher as strength increases.
3. Rope turning/jump rope
4. Slinky--shift back and forth with palm up.
5. Volleyball-type activities where hands, paddles, or rackets are in palm-up position. (Balloon volleyball)
6. Floor activities--large mural painting, floor puzzles, coloring when lying on stomach on floor.
7. Working on a vertical surface, especially above eye level. Activities can be mounted on a clip board or taped to surface or chalkboard/easel. Examples: pegboards, Lite Brite, Etch-a-sketch( upside down), Magna doodle, outlining, coloring, painting, writing.
8. Clothespins/pinching. Put letters on clothespins and spell words by clipping on edge of shoe box. Use a clothespin to do finger "push-ups" by using the pads of the thumb and index finger to open a clothespin and count repetitions.
9. Bead stringing/lacing with tip of finger against thumb
10. Inch a pencil or chopstick positioned in tripod grasp toward and away from palm. The shaft should rest in open web space.
11. Squirrel objects into palm (pick up with index finger and thumb, move into palm without using the other hand)
12. Squirt bottles.
13. Use tongs/tweezers to pick up blocks/small objects
14. Pennies into piggy bank or slot cut in plastic lid. Coins can also be put into slots cut in foam.
15. Finger plays/string games such as Cat's Cradle
16. Screw/unscrew lids
17. Squeeze sponges to wash off table, clean windows, shower, etc.

18. Playdough/silly putty activities
19. Pop bubble wrap
20. Use a turkey baster or nasal aspirator to blow cork or ping pong balls back and forth. These can also be used to squirt water to move floating object/toys.
21. Tear pieces of construction paper into small pieces and paste the different colors of paper on a simple picture from a coloring book, or make your own design.
22. Moving objects with tweezers—can use the large ones from Bed Bugs game or kitchen tongs.
23. Dot-dots, color by number, mazes

### Proper Writing Position

The most optimal position for writing includes the ankle, knee and hip at right (90 degrees) angles with the forearms resting on the desk. The top of the desk should be approximately 2 inches above the elbows when the arms are at the student's side.