# Handwriting Workshop for Parents

Ballacottier School ~ 29<sup>th</sup> June

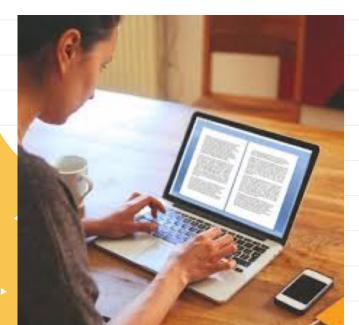






Chicken Layer Feed Scratch grains (26 ays whole wheat Dear Miss Carol I hoppou Have a Sun/Lower Seeds Odts-nolled Straw (3 bales) I / id. Mil in 2 meats mes) good time Visiting Xoure Parents And Swimming in The Oshin. Sincerely Lee Destiny is a feeling you new. mething about yourself that noone else loes. The picture you have in your mini flomingo f what you are about will come true. -Bob Dylan

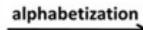
### Is handwriting still important?













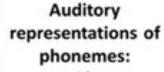




Motor plans for handwritting:

e.g., Exner's area





e.g., Planum Temporale 2 /b/ ≠ /d/



Lower-level

visual areas

Motor plans for vocalisations:

e.g., part of Broca's area





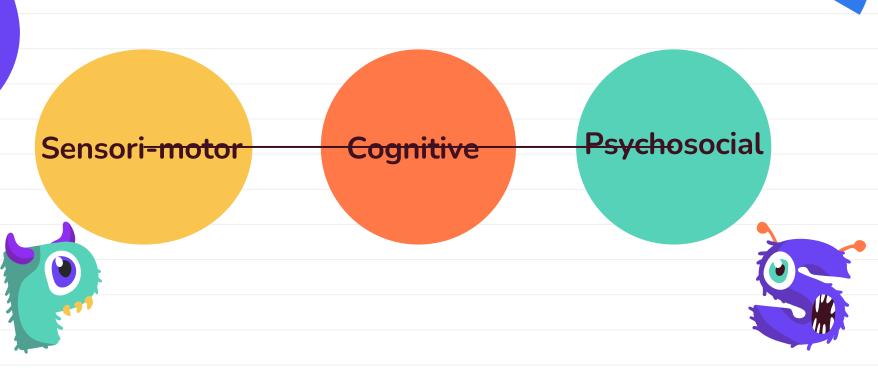
Visual representations of letters:

e.g., Visual Word Form Area (VWFA)









#### Sensori-Motor

Sensory

- Grasp the writing tool
- Scan the printed line
- Appropriate pencil pressure
- Discriminate between letters (b/d was/saw)
- Place letters on the line correctly and space them appropriately

#### Sensori-Motor

#### Neuromuscular

- Muscle tone Having sufficient muscle tone to sustaining an upright position, with upper extremity stability and mobility
- Strength having sufficient strength the ability to grasp and maintain consistency on writing tools
- Postural control to make postural adjustments while writing in various positions

#### Sensori-Motor

- Motor

   Crossing the midline writing in a horizontal plane across the middle of the body
- o Bi-lateral integration holding writing tools and stabilising paper
- Caterality consistent use of one hand for writing
- Praxis capacity to plan, sequence and execute letter forms, arrange
   letters to build words
- Fine motor co-ordination particularly in hand manipulation moving the pencil between the fingers
- Visual motor integration colouring within lines, tracing reproducing letters and numbers

### **Cognitive Component**

### **Attention & Memory**

- Attend to writing over time
- Recalling letter formations through visual, verbal and auditory memories
- o Generalise handwriting from practice to real-life situations such as completing classroom activities, signing cheques, writing lists etc

### **Psychosocial Component**

Self-esteem

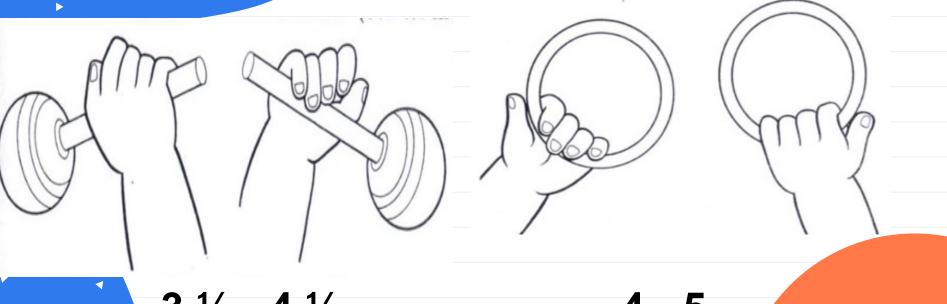
Coping Skills

Motivation

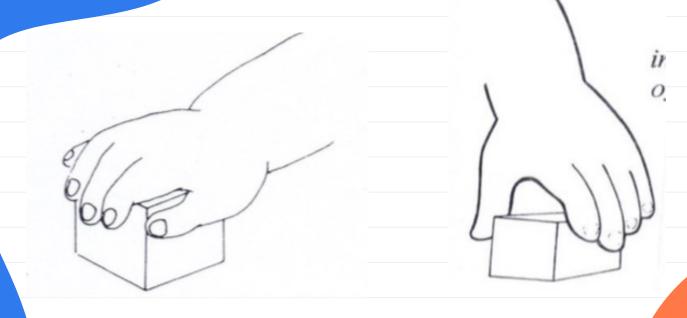
#### Hands

- The most important mechanical tools that students bring to the classroom are their hands.
- Hand skills are critical for early childhood learning.
- Refined hand skills are needed to master handwriting; a major occupation of school aged children.
  - They also provide the basis for all manipulative activities and hand tool use.
  - Hands manipulate the environment to learn.

(Fine Motor Skills in the Classroom, Jayne Berry, OTR/L, Therapro Inc. 1999, pg 3)



3 ½ - 4 ½ months 4 - 5 months



4 ½- 6 months

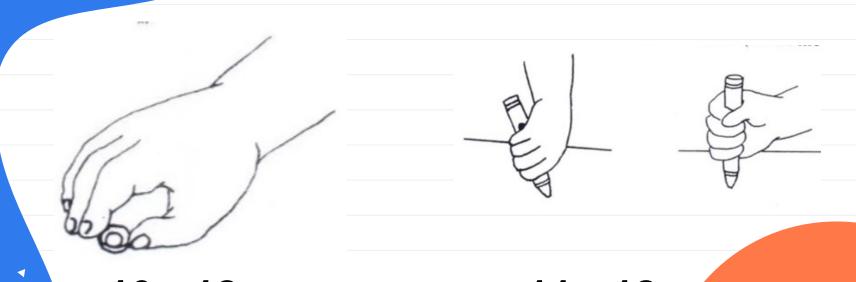
7 - 9 months



7-8 months

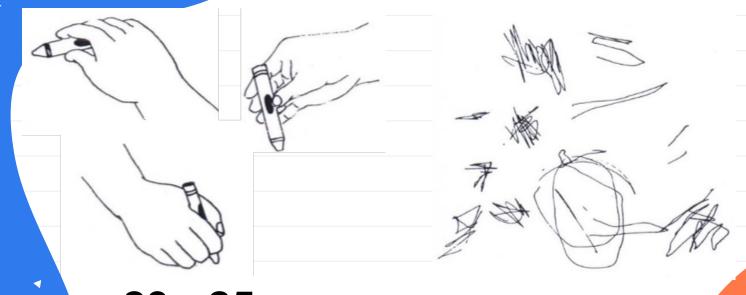


7 ½ -10 months



10 - 12 months

11 - 12 months



23 - 25 months

24 - 35 months

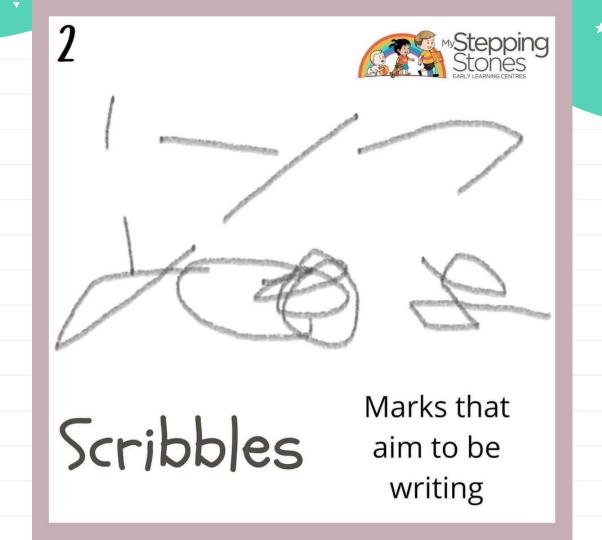


29-31 months

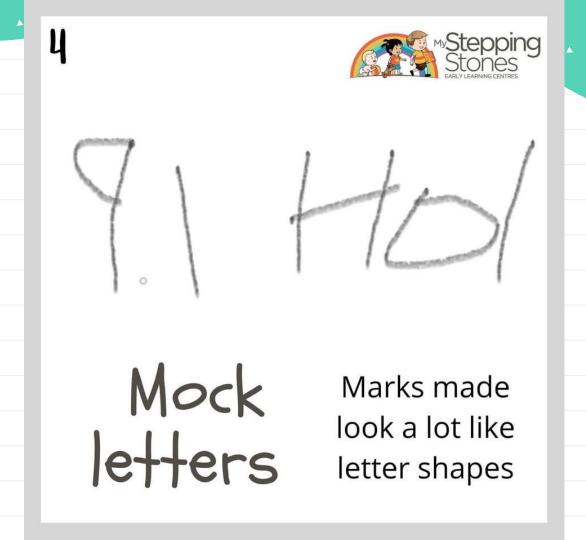
#### **Pre-Handwriting**

Pre-school children start to make deliberate strokes with control. Some strokes are easier to write than others. Children gradually develop the ability to copy forms usually in the order below

MyStepping Stones EARLY LEARNING CENTRES Drawings that Drawing represent writting

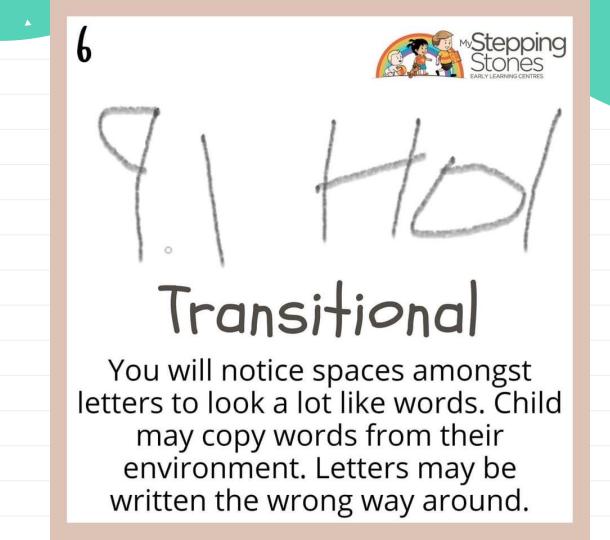


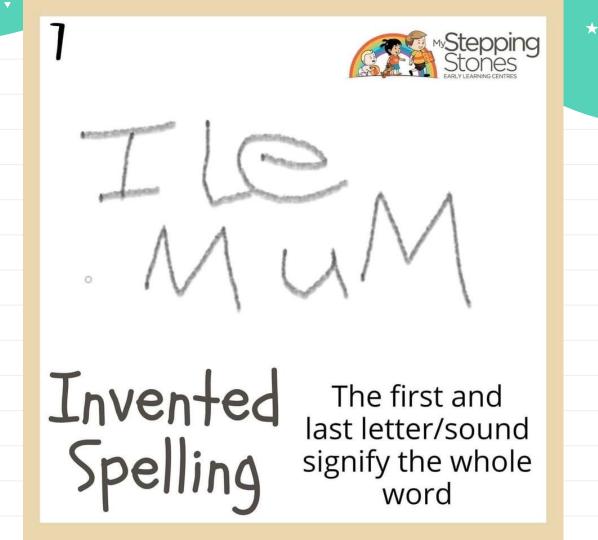






Letter Strings of letters written down left to right however do not generate words





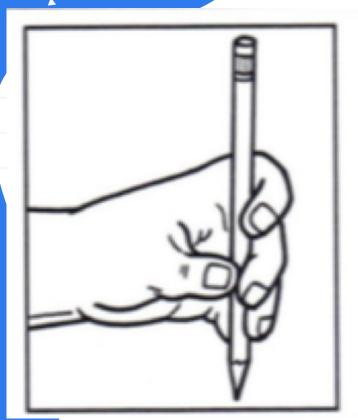
Beginning word and phrase writing Children's words have a start, middle and end letter sound; short phrases are visible

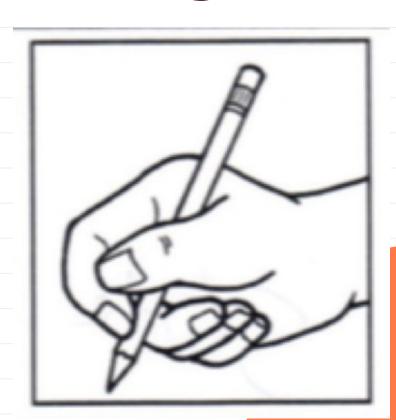
Child will use the Standard correct spelling of words such as their name, Mum and Dad.

### Before Starting.....

- Small muscle movement
- Eye-hand co-ordination
  - hold utensils and writing tools
  - Smoothly form circles and lines
  - Letter perception
  - Orientation of printed language

# Missed Stages

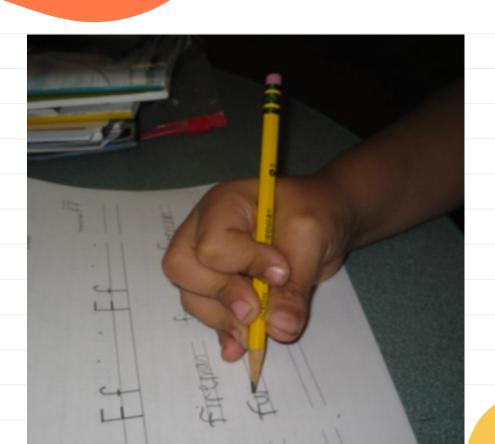




### Poor Pencil Grasp

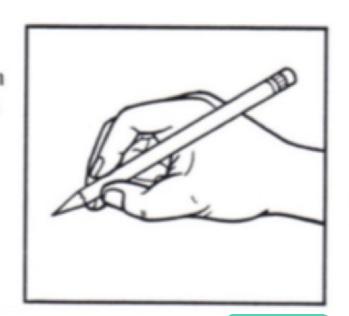


### Poor Pencil Grasp



#### **Correct Grasp**

- Wrist extended up
- Grasp distal with opposition of thumb, index and middle fingers in a triad
- Open web space with thumb stable
- Fingers move during tool use



No intervention.

This grasp is optimal for precision and speed, combining biochemical advantage with sensory awareness due to contact with appropriate sensory receptors in the hand.

Teaching the Correct Grasp Movie: https://teachhandwriting.co.uk/whole-class-tripod-pencil-grip-teaching-fs.html





### Easy Exercises



Push palms

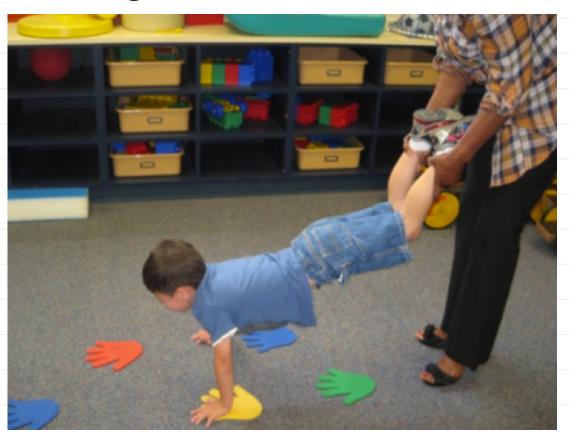


Pull hands



Hug yourself tightly

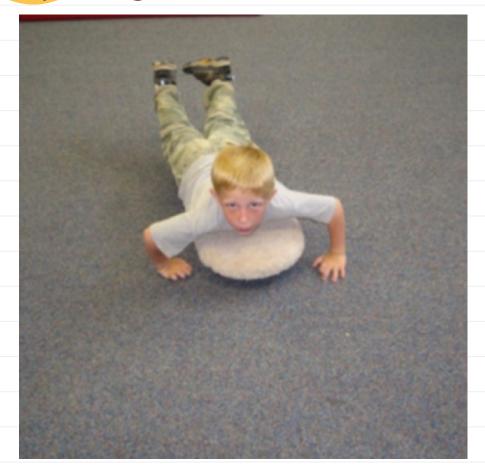
### Weight bearing on hands wheelbarrow walking



#### Weight bearing one hand and working with the other



#### Propelling scooter board with hands



### Pushing against resistance



### Crab Walking



#### Strengthening shoulder abduction and adduction



#### Tug-O-War ~ for building grip strength



#### Building core strength for good handwriting posture



# W Sitting

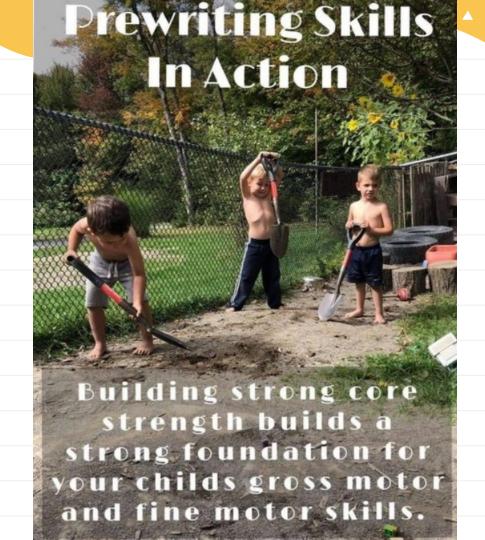


## **Heavy Work**



# Hand and finger strengthening exercises







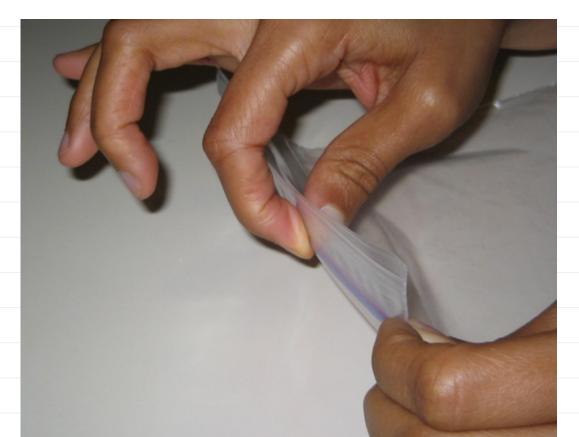
### Thumb and finger pinch



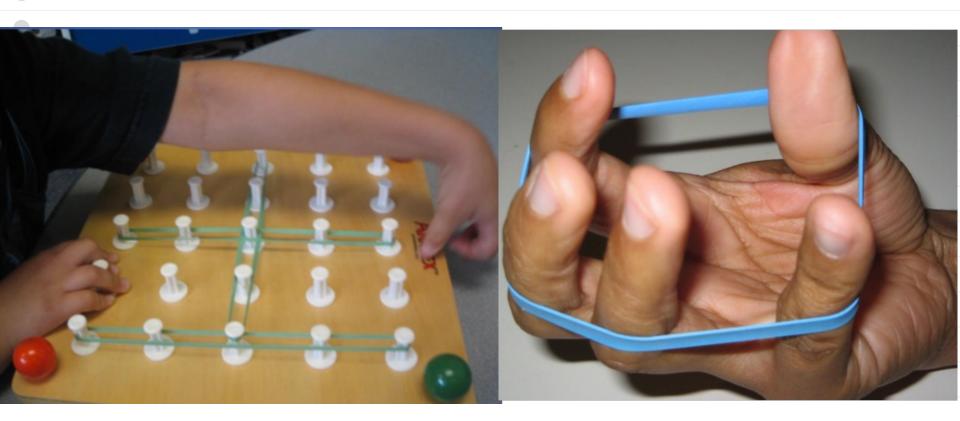
#### Open and close fist



### Pressing a seal



#### Use of elastic bands to build finger strength



### Sponges and Flannels

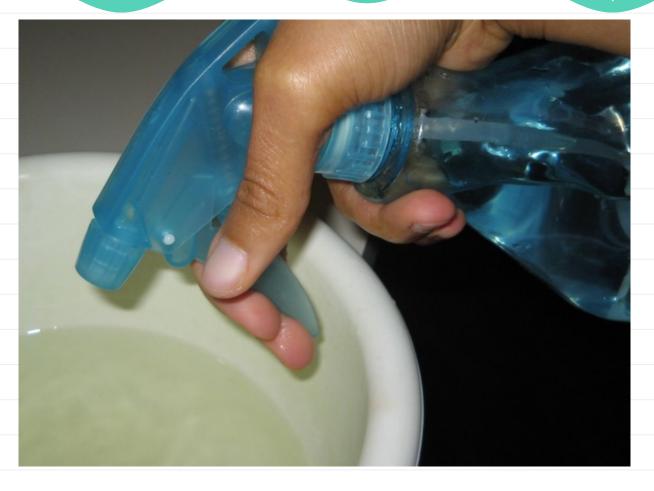


Squeezing

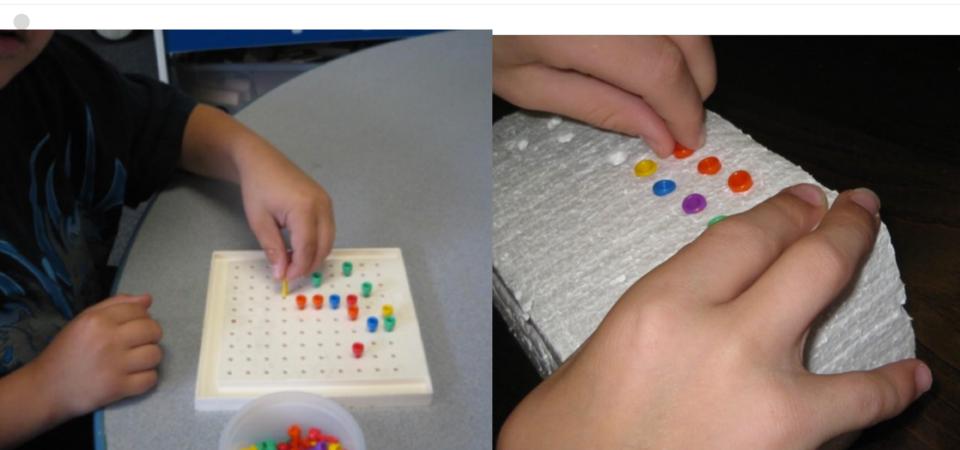
Wringing



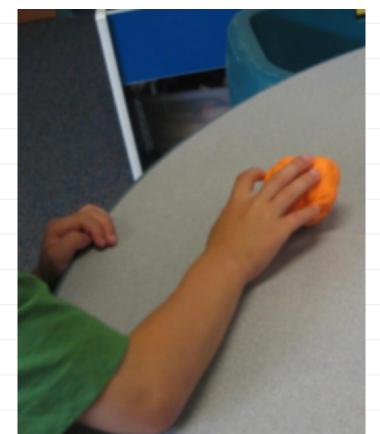
### Spray pulls



# Strengthening the pincer grip

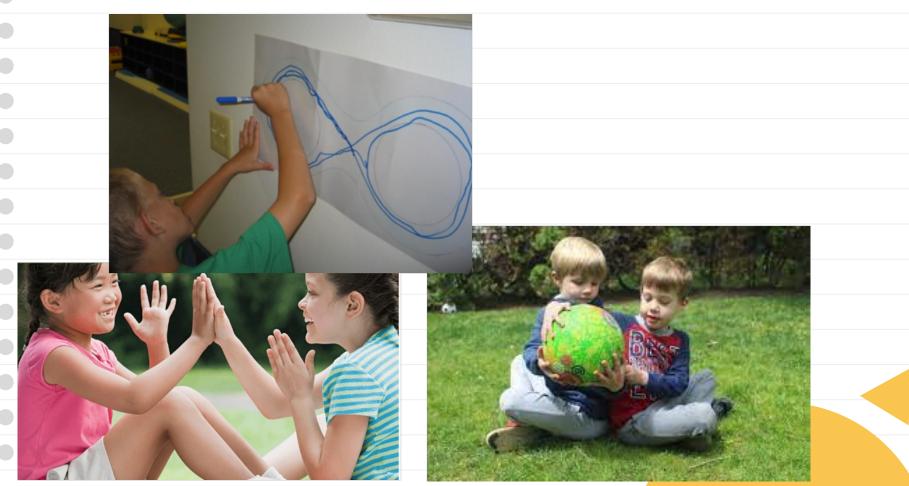


### Rolling play-doh into thin strips



Writing on an elevated surface For left to right visual tracking

#### **Crossing the midline**



#### Developing a sensory frame of reference



# Change writing tools Use weighted pens, chalk, crayons

Change the body position lying on stomach to write; standing up and extending the trunk

# Changing the surface of writing chalk mats, writing in sand, on textured wallpaper

# At School

# Sitting posture for writing

Right handed

- Sit up tall
- Keep both feet on the floor





Keep your paper straight.

Put both arms on the desk.

Pull your pencil toward the middle of your body.

Use your left hand to move the paper.



Hold the pencil like this.

Do not squeeze the pencil when you write.

# Sitting posture for writing

Left handed

- Sit up tall
- Keep both feet on the floor





Slant your paper.

Put both arms on the desk.

Pull your pencil toward your left elbow.

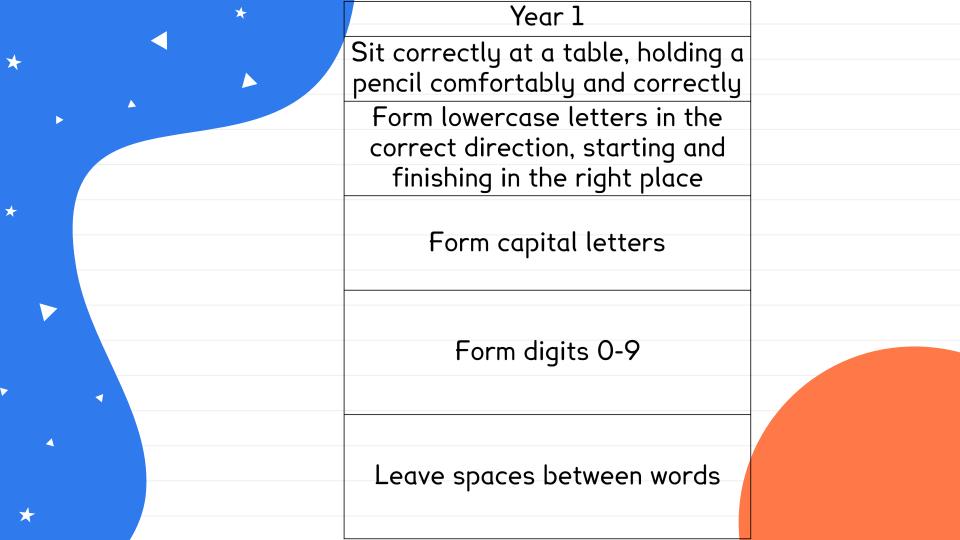
Use your right hand to move the paper.

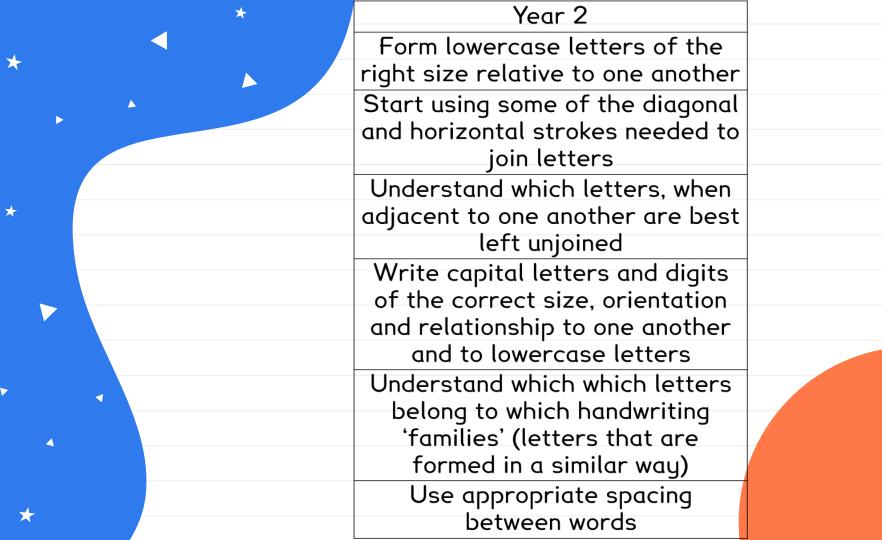


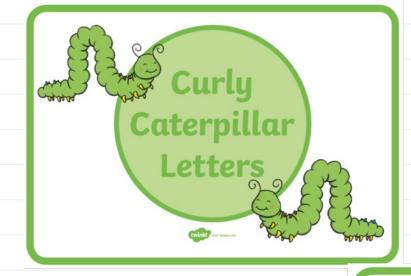
Hold the pencil like this.

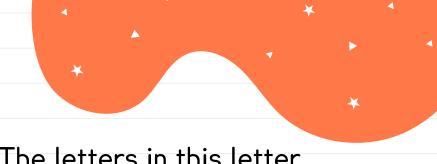
Do not squeeze the pencil when you write.

<b>A</b>	Reception		
	Fine Motor Skills	Writing	
	Hold a pencil effectively in preparation for fluent writing - using the tripod grip in most cases	Write recognisable letters, most of which are formed correctly	
	Use a range of small tools, including scissors,	Spell words by identifying sounds in them and	
	paintbrushes and cutlery	representing the sounds with a letter or letters	
	Begin to show accuracy and care when drawing	Write simple phrases and sentences that can be read by others	



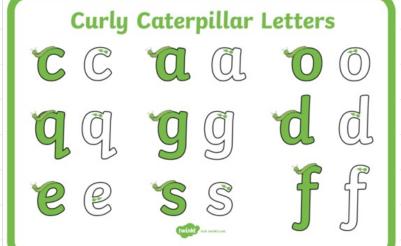


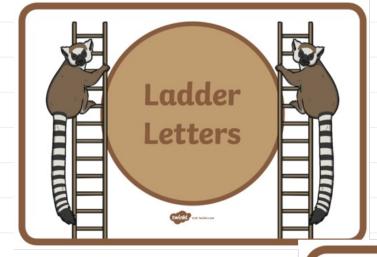




The letters in this letter family includes c, a, d, e, s, g, f, q and o.

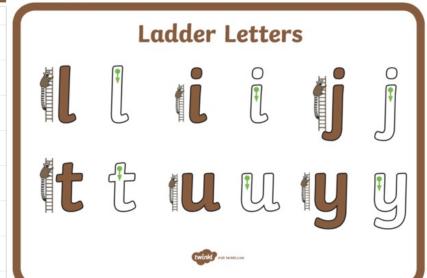
- Curly caterpillar letters are all about the curves!
- These letters are usually formed with a rounded movement made to start writing the letter.



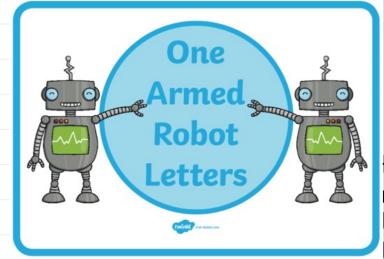


Letter ladders: Letters ladders are the letters: l, t, u, y, i and j

- Some letters in this letter family have a single straight line, for example, the letter 'l'.
- On the other hand, some are a little more complicated, like the letter 't' and some of them even contain a curve, like the letters 'u' and 'y'

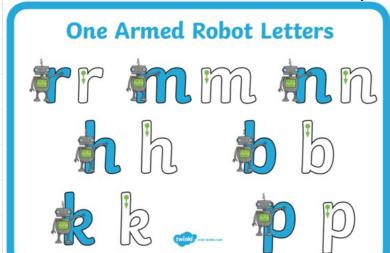


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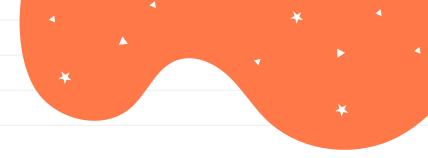


However, some are an exception to this rule and have no curve, for example, the letter 'k'. This letter family includes letters such as, n, m, h, k, b, p and r.

One-armed robot letters usually include at least one curve and always start by going straight down, up and over.



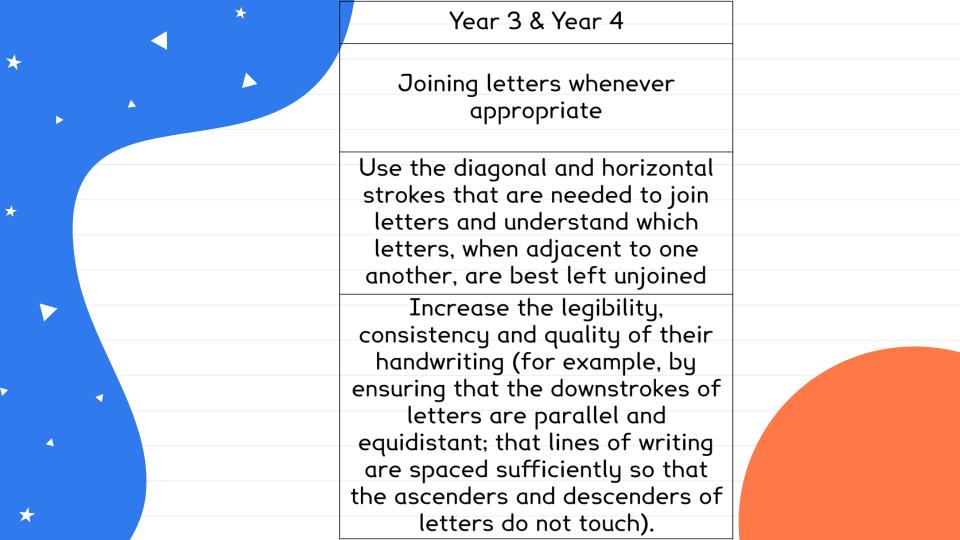


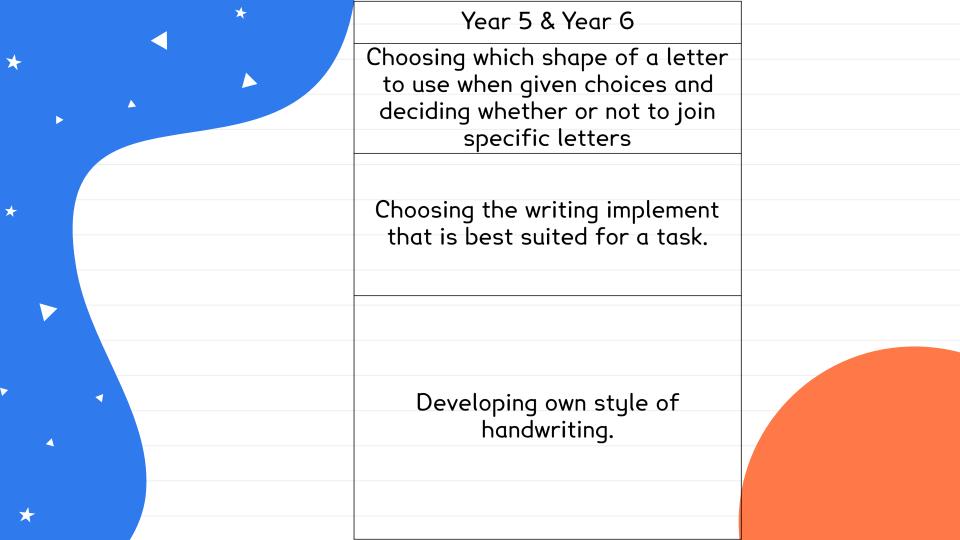


The letters included in this family are v, w, x and z.

- Beware of this letter family!
  Unlike the previous letter
- families, the zigzag monster
- letter family include mainly up and down strokes with no curves.



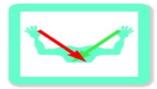






#### Shoulder stability and strength

When we talk about the shoulder, we are actually referring to the shoulder girdle a number of bones, ligaments, muscles and tendons that work together to support arm strength and give the full range of arm movements.



#### Crossing the mid-line

To make handwriting comfortable the writing arm has to be able to cross the vertical central line of the body (crossing the mid-line). It is a key skill that enables us to write comfortably with the paper positioned appropriately and to sit at a desk correctly.



#### Wrist strength and flexibility

Having the full, pain free, range of wrist movements and the strength to hold the correct, slightly extended, position for handwriting is important. In this position the tendons, which run over the wrist bones, can work the finger muscles more easily giving better finger control for handwriting.



#### Thumb and finger strength and dexterity

Thumb and finger strength are important for the coordinated movements and strengths required to hold and maintain an efficient pencil grip as well as to move the pencil effectively for handwriting and drawing.

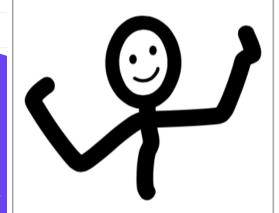


#### Whole hand strength and dexterity

Whole hand dexterity and strength is important for in-hand manipulation, grip and grip release skills as well as being able to judge the appropriate amount of pressure required to hold and release items safely, all required for handwriting.

# The Fizzy Training Programme

A guide to using the programme



A programme complied by Occupational and Physiotherapists.

Advice for parents, carers and education staff.

www.eastcoastkentpct.nhs.uk



## Fizzy's Training Games: Balance

Primary Care Trust

Balance Level One



## Fizzy's Training Games: Ball Skills

Ball Skills Level Two

Primary Care Trust



## Fizzy's Training Games: Clever Hands

Primary Care Trust

Clever Hands Level Three



## Fizzy's Training Games: Clever Hands

Clever Hands Level One



#### **Level One**

A programme complied by Occupational and Physiotherapists.

Advice for parents, carers and education staff.

#### Children's Assessment Centre

Kent & Canterbury Hospital Ethelbert Road, Canterbury, CT1 3NG Phone: 01227 783043 Fax: 01227 783185

www.eastcoastkentpct.nhs.uk





## Fizzy's Training Games: Clever Hands

Clever Hand Level Two



#### **Level Two**

A programme complied by Occupational and Physiotherapists.

Advice for parents, carers and education staff.

#### Children's Assessment Centre

Kent & Canterbury Hospital Ethelbert Road, Canterbury, CT1 3NG Phone: 01227 783043 Fax: 01227 783185

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## Fizzy's Training Games: Clever Hands

Clever Hands Level Three



#### **Level Three**

A programme complied by Occupational and Physiotherapists.

Advice for

Foreland School

Lanthorne Road, Broadstairs, Kent, CT10 3ND Telephone: 01843 864052

www.eastcoastkentpct.nhs.uk

#### How to help

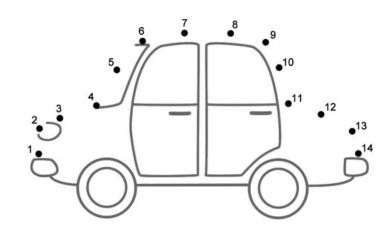
- Less time on devices
- Develop core and shoulder muscles
- Climb!
- Develop hand eye co-ordination
- Practise balancing

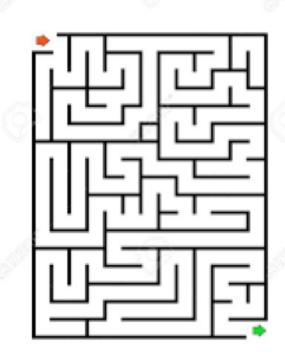
## How to help

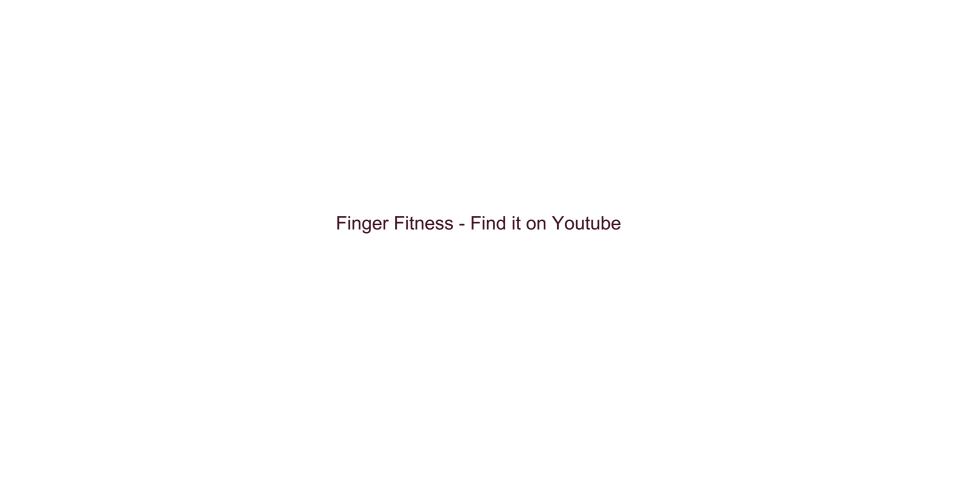
- Work on hand and finger skills
- Do lots of scissor cutting; play dough play; Lego; threading with beads; weaving and lacing
- Practise drawing lines with a ruler
  Use mazes and games to help with visual tracking matching and memory games

#### Pencil control and fluency

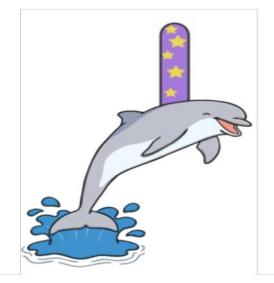
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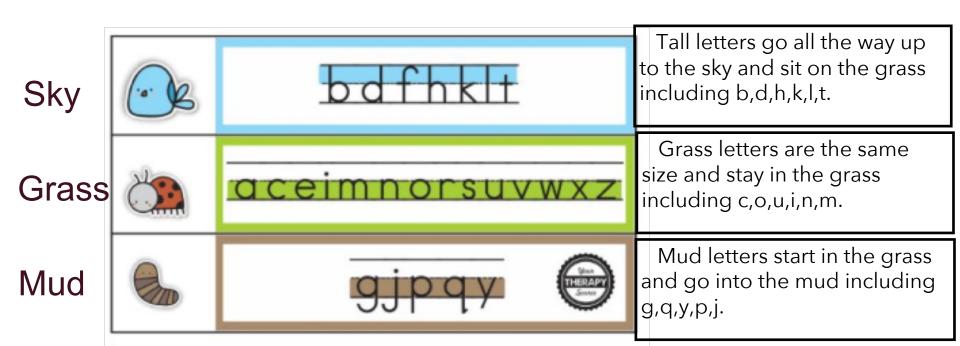


# Spacing





# Letter size and position a b c d e f g h i j k l m

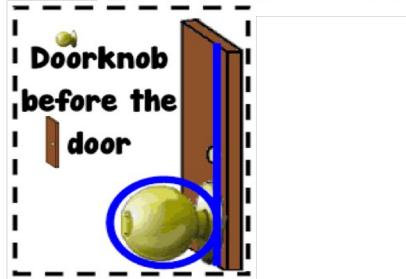


# Reversals

- Focus on one reversal at a time
- Cancellation games
- Rhymes







Movie on Digit reversal by the Dyslexia Society

https://www.youtube.com/watch?v=D8TuVoyWsOQ

# Practise and repetition

so formation of letters becomes automatic

Handwriting Worksheet
hello hello
goodbye goodbye
and and
the the
sun sun
rain rain
shoe shoe
hand hand
jump jump

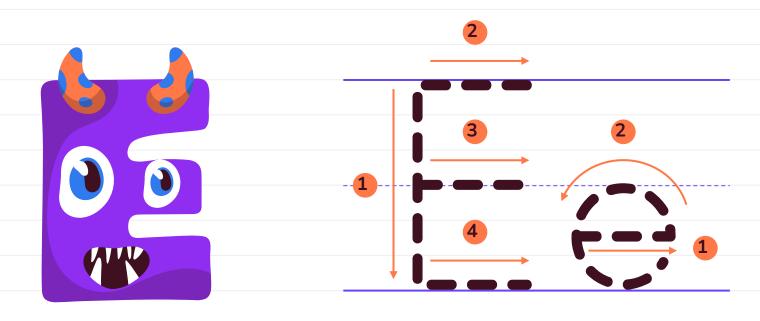
#### **Alphabet**

Aa Bb Cc Dd Ee Ff Gg Hh II JI Kk LI Mm Nn

Oo Pp Qq Rr Ss Tt Uu

Vv Ww Xx Yy Zz

## Form the letters correctly







## Useful websites:

ot-mom-learning-activities.com

\* teachhandwriting.co.uk

https://home.oxfordowl.co.uk/english/primaryhandwriting/



# Thanks!





#### Do you have any questions?

Please complete the feedback sheet





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