

Activities to try:

Messy tray play (draw patterns with your finger):

- Use flour.
- Shaving Foam.
- Sand.
- Cornflour and water

Use different types of marker such as wax crayons, chalks, felt pens, short pencils, paints etc.

Use a variety of writing surfaces:

- Blackboard.
- Paper.
- Wallpaper.
- Corrugated card.
- Flour.
- Magnadoodle.
- Outdoor surfaces with chalk or water.

Water filled squirty water bottles for drawing outside.

Sky writing:

- With finger in the air.
- Twirling ribbon in the air.
- With torch in a dark room.

Put features onto a paper plate (or circular card) to make faces

Try all the above with eyes closed!

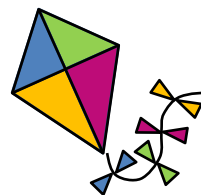
Now you're ready for Stage 2!

Our Details:

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If you have any queries, please contact your therapist



NHS

South West
Yorkshire Partnership
NHS Foundation Trust

Multi-Sensory Mark Making and Handwriting

Stage 1 Mark Making



Barnsley Children's Therapy Services

Name:
NHS Number:

www.southwestyorkshire.nhs.uk

With all of us in mind.

Welcome to our multisensory approach to developing handwriting skills. It's aim is to increase your child's awareness of their body position and movement when writing.

These activities should be **fun** and be completed on a daily basis where possible. 5 to 10 minutes a day is more beneficial than an hour once a week.

You will need:

- Paper (different types and textures).
- Pens, pencils, crayons, chalks.
- Pictures to colour.

Tick the box when you can achieve the task:

Can you ...

- Make dots?
- Make horizontal scribbles?
- Make vertical scribbles?
- Make circular scribbles?

Now you can colour in pictures!

Use...

- Colouring books.
- Pictures drawn by you.
- Shapes.
- Take rubbings (coins, leaves, tree bark).

Can you...

- Colour where the picture is?
- Colour within the lines?

TOP TIPS:

Make boundary lines bolder or glue string along edges of the picture.

Start with large pictures, then reduce the size and increase complexity as your child improves.

Can you...

- Copy horizontal lines?
- Copy vertical lines?
- Copy circles?
- Copy diagonal lines?

Can you...

- Draw long lines?
- Draw short lines?
- Draw circles clockwise?
- Draw circles anticlockwise?
- Draw wavy lines?
- Draw crosses

