

Activities to try:

Messy tray play is not just for little people!

- Use flour, shaving foam, sand/glitter, cornflour and water in a tray to draw patterns and letters in with your finger.

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

Use a variety of writing surfaces:

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

Try all the above with eyes closed and to music!

Puzzles & Games:

- Mazes (try the giant ones!).
- Dot to dot.
- Colouring.
- Crosswords.
- Sudoku.

Writing Themes:

- Christmas, Birthday Lists.
- Short Stories.
- Diary or Memory Book.

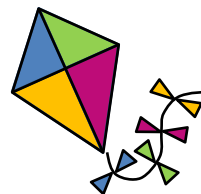
Now you're ready to get writing!

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 4 Speed, Flow & Control



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. Its 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.
- Music
- Enthusiasm!

Encourage a mature pencil grip when writing, but don't worry if it is difficult to maintain (see additional sheet).

Handwriting can always be 'improved' but it involves hard work and practice!

The best ways to make an impact is by making activities fun...

Motivation is always the most important component of any writing task... find a reason to write, draw, create!

Components of handwriting that impact legibility & presentation:

- Start points & sequencing.
- Flow.
- Gapping / Overwriting.
- Size.
- Slant.
- Spacing.
- Placement.

Work through each of the following activities to practice each component of writing.

Find topics (Minecraft, cars, pop groups etc.) that your child enjoys and base the activities on this!

Start and sequences of each letter:

- Complete HWG3 leaflet.

Flow & Changes in Direction:

- Pre-writing patterns (vvv, mmm, uuu, eee, ooo, lilili, ccc, fff, kkk).
- Scribble pictures (keep wrist on desk, move pencil with only finger movements).
- Double doodles (use a horizontal board or door surface to draw pre-writing patterns on either side with both hands).
- Colouring (using horizontal, vertical, circular marks) – complete one fast, one neat each time.

Gapping/Overwriting:

- Complete 'perfectly closed' circles, clockwise & anticlockwise.
- Dot to dot puzzles (stopping on the dot).

Size:

- Copy circles, squares, lines etc. matching size.
- When writing cursive letters e.g. aaa, bbb, ccc, highlight the ones that are a similar size to try to achieve 80% (4/5).
- Use line guides of different widths to write a sentence along (choose which one looks 'neatest').

Slant:

- Make 5 forward slanting lines – gap – 5 more (///// /////).
- Make 5 backward slanting lines – gap – 5 more (\\\\\\\\ \\\\).
- Make 5 upright lines – gap – 5 more (||||| |||||).
- Trial writing words all slanting forwards / backwards / upright.

Spacing:

- Use coloured dots or stickers in between words of a sentence.
- Make a 'spacer' card.

Placement:

- Use different width lines.
- Go over lines with a highlighter to make them wider.
- Practice drawing 'sticks' starting above the line that end on it.

