



# Developing Handwriting Skills

Turves Green Primary

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# Aims



To understand the skills required for successful handwriting



To know a range of strategies to support the development of each skill



To know where to find further help and resources to support each skill development

# Skills required for successful handwriting

- Body strength and stability
- Manual (hand) dexterity
- Finger isolation
- Bi-manual integration
- Correct posture, seating position and equipment position



# Body Strength and Stability



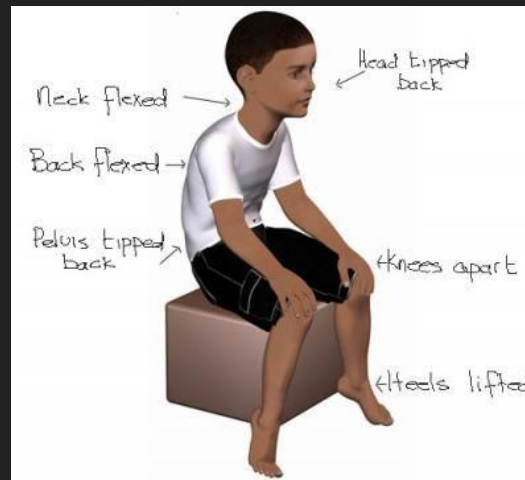
Some children have low muscle tone and strength. This can affect:

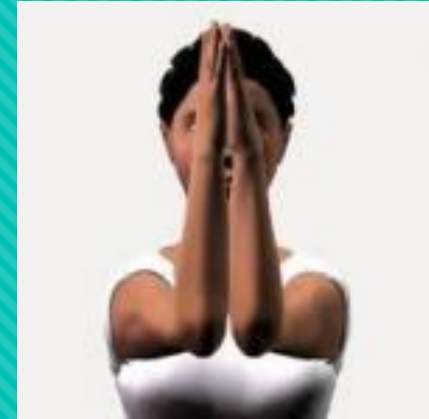
- Posture
- Hand function
- The ability to carry out everyday tasks.

We need a strong core, shoulders, arms, wrists, hips, elbows, back, neck and pelvis to be successful writers!



# Incorrect Posture





# Shoulder Strength Check

# Strength exercises and activities



Everyday tasks such as carrying, pushing and pulling are great for building up strength.

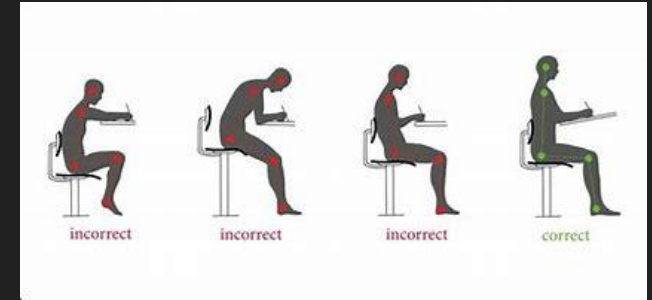
# What everyday activities could you do?

## 2 Minute Timer

Everyday tasks such as carrying, pushing and pulling are great for building up strength.



# Correct Posture



# Manual (Hand) Dexterity

It is essential to have good dexterity in order to control a pen or pencil with the fingers. Some children make movements with their shoulders, arm or wrists rather than fingers whilst writing. This increases the amount of effort required and movements are less accurate.



# Manual (Hand) Dexterity Activities



Many help finger isolation and hand eye co-ordination too.





# Finger Isolation/ Pincer Grip

The ability to isolate (or point) the index finger is an essential skill.

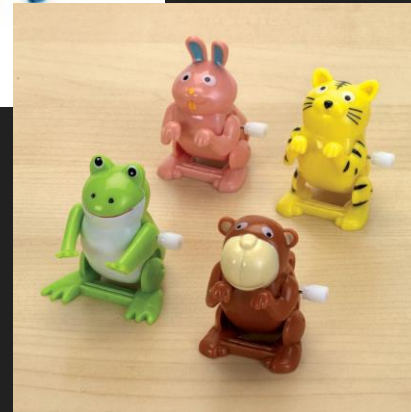
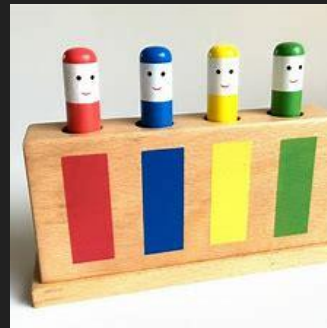
Some children have low muscle tone and this can affect the strength of the index fingers. This can affect:

- Pressing power
- Effectiveness of the pincer grip
- Managing fine motor activities i.e. buttons and zips





# Finger Strength Activities



# Hand and Finger Exercises

**EXERCISE**  
To Improve  
**HAND AND FINGER MOBILITY**



**CLAW STRETCH**  


**FISTS**  


**THUMB BEND**  


**TENNIS BALL SQUEEZE**  


**PINCH STRENGTHENERS**  


**MAKE AN 'O'**  


**FINGER WALKING**  


**FINGER BENDS**  


**FINGER LIFTS**  


**FINGER STRETCH**  


**Top10 Home Remedies**  
To explore more, visit  
[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)





# In-Hand Integration

The ability to manipulate  
objects using all parts of the  
hand





# Bi-Manual Integration

- Crossing the midline
- Co-ordinating both sides of the body
- Doing different movements with each hand



# Bi-Manual Integration Activities



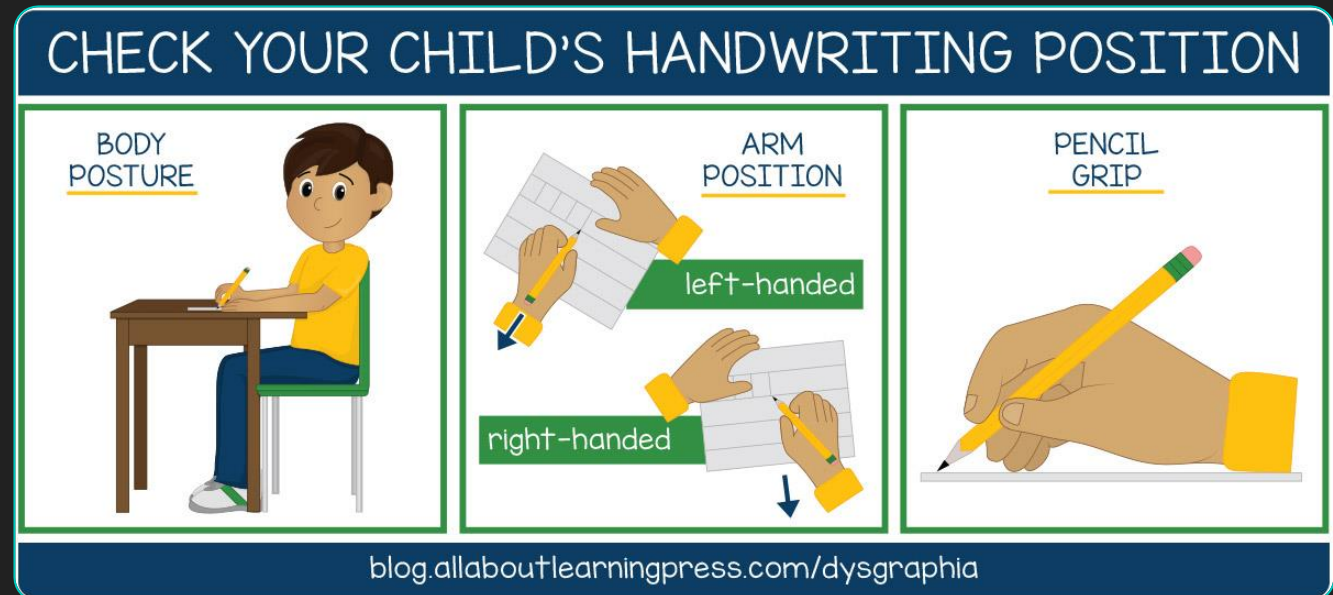
Many help sequencing, hand strength, finger strength and motor planning too.





# Using equipment effectively

- Allow your child to establish their own hand dominance – 1 handed catching and throwing, large scale drawing, playdough
- Check the pencil is sharp
- Check the writing surface is clear of clutter
- Remind how to position body, paper and arms
- Encourage the use of the pincer grip



# Letter Formation

Motor memory is needed to form letters – write letters in the air to check!

Parent guide to Read Write Inc. Phonics |  
Oxford Owl

Letter family 1

Down and off in another direction

l i t j u y

Letter family 2

Down and retrace upwards

m n r b p h k

Letter family 3

Anticlockwise round

c a d o q g e f s

Letter family 4

Zig-zag letters

v w x z



# Letter Formation

Rhymes for letter formation - taken from Read Write Inc.

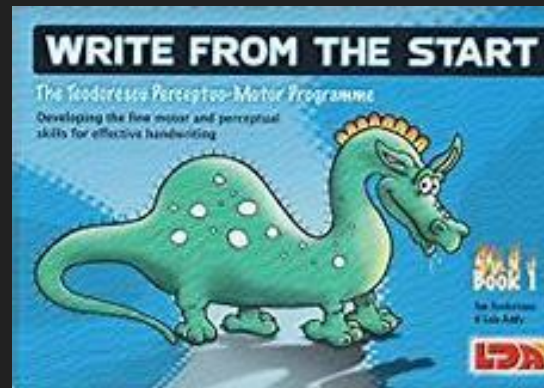
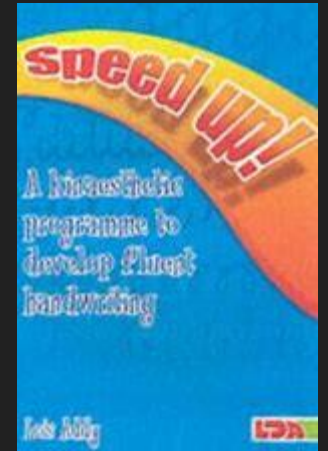
a 	b 	c 	d 	e 	f 
Around the apple and down the leaf.	Down the laces to the heel and around the toe.	Curl around the caterpillar.	Around the dinosaurs bottom, up his tall neck & down to his toes.	Lift off the top and scoop out the egg.	Down the stem and draw the leaves.
g 	h 	i 	j 	k 	l 
Around the girls face, down her hair and give her a curl.	Down the head, to his hooves and over his back.	Down the body and dot for the head.	Down his body, curl, dot for his head.	Down the kangaroo's body tail and leg.	Down the long leg.
m 	n 	o 	p 	qu 	r 
Down Maisie, mountain, mountain.	Down Nobby and over his net.	All around the orange.	Down the pirates plait and around his face.	Round her head, up past her earring, down her hair, and flick.	Down the robots back and curl over his arm.
s 	t 	u 	v 	w 	x 
Slither down the snake.	Down the tower, across the tower.	Down and under, up to the top and draw the puddle.	Down a wing, up a wing.	Down, up, down, up.	Down the arm and leg, repeat the other side.
y 	z 				
Down a horn, up a horn and under head.	Zig-zag-zig.				

# Letter Formation

S- Slide around the snake  
A- Round the apple, down the leaf  
T- Down the tower, across the tower  
P- Down the pirates plait, up round and under his chin  
I- down the body, dot for the head  
N- Down Nobby and over his net  
M- Maisie, Mountain, Mountain  
D- Round the dinosaurs bottom, up to his head and down to his feet  
G- Round her face, down her hair and give her a curl  
O- All around the orange  
C- Curl around the caterpillar  
K- Down the kangaroo body, tail and leg  
E- Slice into the egg, go over the top and under the egg  
U- Down and under the umbrella up to the top, down to the puddle  
R- Down the robots body, up and over his arm  
B- Down the laces, over the toe and touch the heel  
F- Down the stem, draw the leaves  
L- Down the long leg  
H- Down the head, to the hooves and over the horses back  
Sh- Slither down the snake, then down the horses head to the hooves and over his head  
J- Down his body, curl and dot  
V- Down a wing, up a wing  
Y- Down a horn, up a horn and under the yak's head  
W- Down, up, down, up the worm  
Th- Remember how to write t for tower and h for horse  
Z- Zig-Zag-Zig down the zip  
Ch- Remember how to write c for caterpillar and h for horse  
Q- Round the queens head, up to her crown and down her hair and curl  
X- Cross down the arm and leg and cross the other way  
ng- A thing on a string

# Handwriting Intervention

- Pencil grips
- Publications
- Occupational Therapy helpline - 0121 683 2325
- Online courses and advice
- FB Groups: Handwriting without Tears and Handwriting Intervention Support Group







# Questions?

Thank you