

# PREPARING ARMS FOR WRITING

Strengthening and Sensory-Motor Activities

## WARM-UP ACTIVITIES:

These warm-up activities will improve shoulder girdle and arm strength necessary for better control of a writing utensil. These activities will also provide increased sensory feedback (proprioception sensory input) to your child's muscles and joints, which will help them use an appropriate amount of force on the pencil. These activities can be done immediately before writing/pre-writing tasks or at other times for benefit. If these activities are done prior to writing/pre-writing tasks and your child's shoulders feel stiff, have your child shrug their shoulders to loosen them up.

- "Household Helper" activities (important object they are using is heavy appropriate to your child's size):
  - Emptying laundry hamper
  - Pushing laundry basket to another room (e.g. filled with clothes, toys, friend)
  - Carrying small groceries from the car
  - Stacking books or putting books on bookshelf
  - Picking up toys by putting them in pillow case or bag
  - Washing windows or car
  - Taking out the trash
  - Watering plants
  - Gardening by digging holes for plants
- Play activities:
  - Throwing and catching a heavy ball or bean bag
  - Animal walks (e.g. Bear walk, Crab walk)
  - Crab soccer
  - Wheel-barrel walking
  - Tug-o-war
  - Climbing (e.g. playground structure, ladders, rock wall, monkey bars)
  - Pushing someone on a swing
  - Pushing/pulling someone in a wagon



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