

FUN WAYS TO PRACTICE WRITING



THE FOLLOWING ACTIVITIES WILL HELP YOUR CHILD LEARN FASTER BY PROVIDING SENSORY FEEDBACK TO THEIR MUSCLES AND JOINTS FOR BETTER MOTOR LEARNING.

AND THEIR FUN!

Proprioceptive sensory feedback to the hands muscles and joints help make stronger neural connections while learning to write. Tactile sensory input from receptors on and below your skin also help those neural connections better. When children are interested and motivated by a task, this helps them learn at a faster rate too!

SENSORY-BASED STRATEGIES TO HELP KIDS LEARN TO WRITE QUICKER!

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- **Clay Tray:** In a rectangular tray or plastic lid, spread a ¼ inch layer of soft, non-hardening clay. Write pre-writing lines/shapes and letters/numbers in the clay with your finger, pen cap, or golf tee.
- **Soap Foam or Salt Activities:** Spread soap foam or salt in a large tray or in a small rectangular tray/plastic lid. Encourage your child to use only their pointer finger (with other fingers in the palm of their hand) to form pre-writing lines/shapes and letters/numbers.
- **Vibrating Pen:** Children LOVE vibrating pens! They provide intense sensory input and help with developing fine motor control while writing and drawing.





MORE SENSORY STRATEGIES TO HELP KIDS LEARN TO WRITE QUICKER!

- **Wikki Stix or Pipe Cleaners:** Bend Wikki Stix or pipe cleaners to form different pre-writing lines/shapes or letters/numbers. Then encourage your child to trace over the form with their finger (top to bottom, left to right directionality).
- **Playdough Rolls:** Roll out playdough into logs. Bend the logs to create lines, shapes, letters and/or numbers.
- **Rainbow Letters:** Your child traces over a pre-writing line/shape or letter/number that you have written using the 6 different colors of the rainbow. Make it more fun by using different mediums (paint, chalk, charcoal, markers).
- **Bumpy Writing:** Place your paper on a rough surface (e.g fine sandpaper). Practice forming the pre-writing lines/shapes and/or letters/numbers on the paper.
- **Invisible Writing:** On the sidewalk or chalkboard, encourage your child to use a paintbrush and water to form pre-writing lines/shapes and/or letters/numbers.
- **Flashlight Writing:** In a dark room, have your child use a flashlight to “write” pre-writing lines/shapes and letters/numbers on the wall or door.
- **“Magic” Markers:** Use “magic” (color changing) markers to trace over pre-writing lines/shapes and letters/numbers for practice.

