

Handwriting at SCCN

In order that children eventually acquire a legible, fluent and fast handwriting style, they need to develop a number of skills first. We create an environment that is rich in developing all of these things with the children.

Below are some examples of ways you can do this at home:

Gross Motor and postural development

- Playing on playground equipment such as swings, climbing frames and roundabouts.
- Construct obstacle courses that require crawling and climbing.
- Play with balls or beanbags whilst the child is sitting, kneeling, half-kneeling, squatting and standing
- Jumping on a trampoline
- Dancing
- Kicking a ball in the back garden or park
- Play musical statues
- Roll out dough/pastry with a rolling pin
- Wiping tables, cleaning windows with straight arms
- Climbing trees

Fine Motor Development

- Cut up foods
- Grate or peel foods
- Squeeze sponges and use cloths to wipe up
- Pour liquids from one jug to another
- Wash up
- Draw on vertical surfaces - such as the wall when in the bath, or chalk on a wall outside
- Squashing and squishing activities eg - playdough, clay, pastry, gloop and so on
- Threading/ sewing activities
- Using tweezers or tongs to pick up small objects
- Card games
- Lego, Duplo etc
- Finger painting
- Dressing using clothes with buttons and zips
- Mixing ingredients and helping during cooking.

Bilateral Integration

- Exercise time – see video on our website
- Dancing
- Using dance ribbons
- Peg dancing – See video on our website
- Play twister
- Brushing using a broom
- Wash the car/scooter
- Play Simon Says
- Relaxation moves
- Wheelbarrow walking
- Animal walking
- Creating a see-saw with a plank and a log
- Riding and scooting
- Throwing and catching using both hands

Grip development

- Placing clothes pegs around the edge of a container
- Threading
- Picking up cards
- Fill a medicine dropper (or mini turkey baster) with paint or water and drop onto paper
- Playing with squirt guns or squirt bottles with a trigger action.
- Drawing on a brick wall with chalk and then using a squirter and water to remove the chalk marks.
- Posting items into a box with a slot in the lid
- Transfer water from one container to another using a pipette
- Popping bubble wrap
- Hanging up washing with a peg
- Playdough