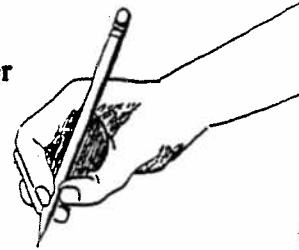


FINE MOTOR/ HANDWRITING ACTIVITIES

Use a variety of ways to teach letter and number formation- not just pencil and paper

- *work on vertical surfaces (tape big sheet of paper on wall, easel)
- *Magnadoodle /Aquadoodle
- *Chalkboard
- *Dry Erase Board ; with lines
- *Squiggle Wiggle Pen

- *Sidewalk chalk, airbrush, paint
- *Finger Paint
- *Writing in Jello powder, dry pudding or sand placed in shallow pan
- *Paper placed over screen or sand paper



Pencil Grasp-encourage 3 finger grasp with thumb ON pencil-we call it "alligator" grip

- * variety of pencil grips (Banks School Supply, www.thepencilgrip.com)
- * wrapping a rubber band at bottom of pencil to grip
- * different size writing utensils; either extra large or very tiny (broken crayons, or chalk)

Rules for "S"uper Writing: (review these quickly before writing assignments, have child memorize)

1. "S"it on line (no floating letters)
2. "S"peed (not too fast, not too slow, just right)
3. "S"ize (no big, fat letters)
4. "S"paces (tiny spaces between letters in a word, larger spaces between words)

***Reinforce making the correct strokes: top to bottom, circles counter-clockwise, use continuous pencil strokes, correct placement on top/middle/bottom lines

*** have student learn "c" first and then learn "o,a,g,q,d" by starting with the "c" shape, closing it up and adding needed lines for each letter OR use clock climber wording to learn these letters (see attached sheet)

GROSS MOTOR ACTIVITIES (Please keep in mind your child's age, interests, and abilities.)

1. Recreational Programs: swimming, karate, T-ball, gymnastics, bowling, skating, roller blading
2. Playground Activities: climbing equipment, swinging, monkey bars, 4-square, hopscotch, playing with a variety of balls/targets
3. Lawn Darts (safety tips)
4. Croquet
5. Pogo Stick
6. Badminton: can use regular rackets and hit a balloon or beach ball
7. Twister
8. Dart Board (safety darts)
9. Baseball- can use large beach ball if necessary and/or large plastic bat
10. Horse Shoes
11. Monster Disc or Hover Disc (like a large, foam Frisbee)
12. Toss Across
13. Ball Activities:
 - *can get a variety of sizes, textures
 - *any throwing, target, bounce/catch type activities
 - *use water balloons instead of balls
14. Yo Yo
15. Jump Rope
16. Oversized games: golf, baseball, horse shoes