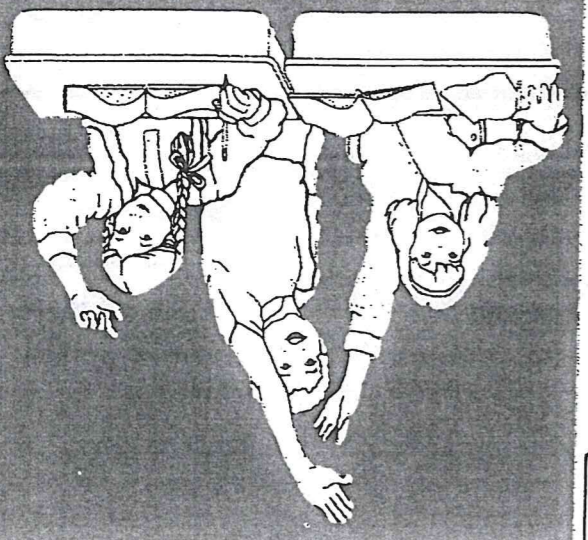


Hands Up for Handwriting

Get Ready to Write



Handwriting is a complex motor task accomplished by the action of coordinated finger, wrist and elbow movements in conjunction with stabilisation of trunk and shoulder girdle. It is also a perceptual skill requiring recognition and reproduction of different shapes and understanding of their orientation on a surface. This is a cognitive skill whose rules must be learnt. Children with handwriting problems often experience difficulty with the movements needed. Sometimes because of purely physical control, sometimes due to poor perception of various sorts. This desk based set of activities is helpful to precede every handwriting session, either in the classroom, or as part of a small group or individual session. Five minutes is enough, daily if possible. Choose a mixture from the lists, taking a minimum of 5 from each section, and use your own ideas as well.

Ann Markee

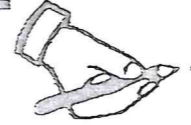


Shoulders

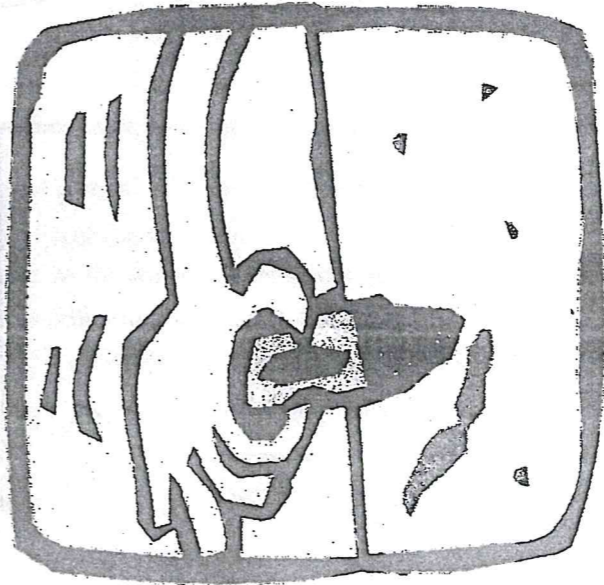
- Good sitting position, feet flat, back straight, head up, bottom back on chair.
- Lift (shrug) shoulders up and down.
- Lift (shrug) alternate shoulders.
- Circle them backwards then forwards.
- Shake to loosen them.
- Hold edges of chair (two hands). Push self up and down... sitting press ups.
- Two straight arms, stretch forward (palms down).
- Raise one then the other.
- Cross them over (one on top). Change.
- Turn them over palms up.
- Alternate one up, one down.
- Circle wrists - clockwise, anticlockwise.
- Clap hands (arms straight/copy rhythms).



Grasp and Grip



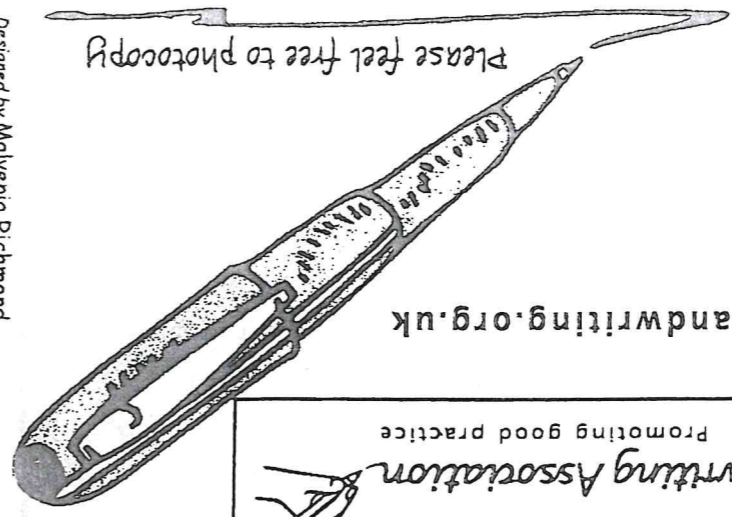
- Pick up pencil (whole hand grip).
- Change to pincer, change back.
- Speed up and try with other fingers.
- Teach tripod grasp as follows...
- Put a coloured dot on the 'web' between index and thumb.
- Put pencil on table, tip towards you.
- Pick up with a pincer grasp (approximately 3cm from the tip... mark the spot!).
- Flick into writing position with middle finger.
- Pencil rests in web between thumb and index.
- Hold with thumb and 1st/2nd fingers (tripod).
- Flex and extend fingers - pencil moves in and out.
- Go fast and slow.
- Walk these fingers up and down pencil shaft.
- Check grip is still on the dot.
- Roll pencil round and round between these 3 fingers clockwise and anticlockwise.
- Keeping wrist on the table make circles with pencil tip in the air.



- Fast and slow, big and small, clockwise and anticlockwise.
- Check pencil hold again.
- Is shaft on the dot?
- Is the thumb on the shaft?
- READY TO WRITE?

Angley Handwriting Group

National Handwriting Association
Promoting good practice



www.nha-handwriting.org.uk

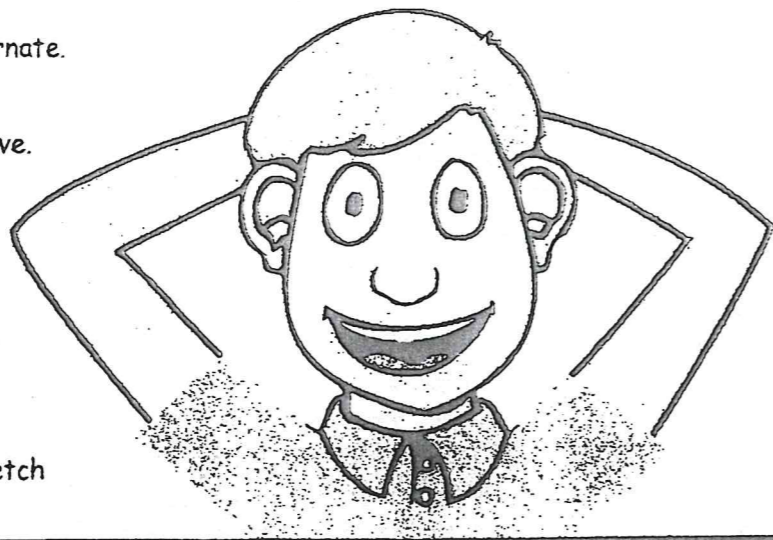
A satellite of

Written by:
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Senior Community
Physiotherapist for Children

Elbows

- Two fists on the table (elbows bent).
- Straighten elbows, bend again.
- Repeat with flat hands, alternate.
- Cross arms fists on shoulders, alternate.
- Repeat with flat hands.
- Try different variations of the above.
- Two fists on table (elbows bent).
- Tap fists on table... clap in the air.
- Copy rhythms.
- Intertwine fingers, elbows on table hands up.
- Clap palms together, copy rhythms.
- Put clasped hands behind head, stretch elbows back.

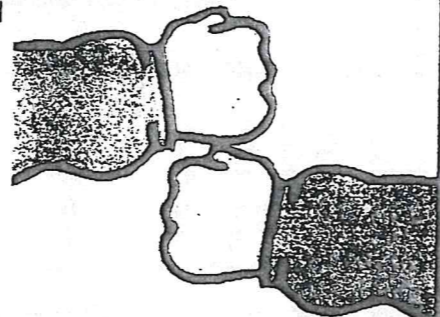
- Stretch arms up and forwards with hands still clasped.



Wrists and Fists

- Shake wrists till floppy.
- Up and down, sideways.
- One higher, one lower.
- Mix the above.
- Make two fists (hands on the table).
- Thumbs out, thumbs in.
- Thumbs up, wriggle them, circle them.
- Climb fists upwards (thumbs in) as in one potato, two potato.

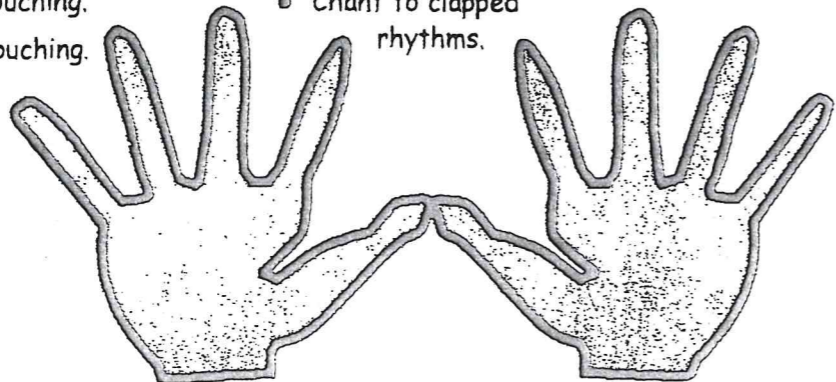
- Elbows on table fists flat.
- Move fists only, side to side, up and down, alternate.
- Make one fist, one flat hand - alternate.



Flat Hands

- Two flat hands in the table - thumbs out.
- Spread fingers, thumbs touching.
- Turn over, little fingers touching.
- Repeat, alternating hands.
- Stand flat hands on sides.
- Thumbs up, thumbs down etc.
- Clap hands to rhythms.
- Clap hands then thighs.

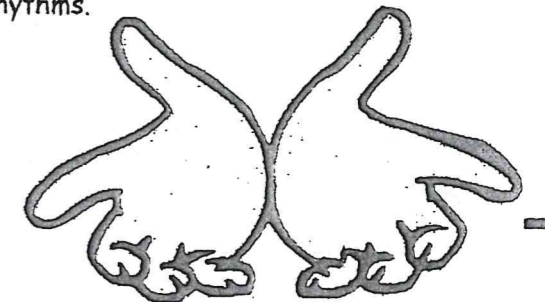
- Increase complexity.
- Chant to clapped rhythms.



Fingers and Thumbs

- Wriggle fingers in the air.
- Wriggle them up and down.
- Hands flat on table, talk about them, creases, nails etc. Name fingers and thumbs touch them.
- Shake hands with neighbour.
- Hands flat on table, palms down.
- Tap thumbs, tap all fingers.
- Singly, together, alternately.
- Tap named fingers loud then soft.
- Tap in 1's, 2's and 3's.
- Flex and stretch each finger in turn.
- Try different fingers on each hand.
- Spread fingers out and in.
- Walk fingers sideways (wrists kept still), and then back again.
- Elbows on table, hands up.

- Press all fingertips and thumb together then move fingers apart and together.
- Press palms together... like prayers.
- Stretch elbows out.
- Thumbs touch each finger in turn, one hand then two.
- Bent fingers then straighten fingers.
- Incy wincy spider.
- Hold ears with pincer grip.
- Cross arms to hold opposite ear.
- Rub hands together.
- Keep hands clasped, clap palms to rhythms.



Pencil Power

- Good sitting, feet flat, back straight.
- Head up, bottom back on chair.
- Two pencils for each child.
- Rub hands together until pink (fingers pointing away from body).
- Repeat with one pencil between hands.
- Check hands for 'pinkness'... Ready?
- Sit on non writing hand.
- Pick up a pencil in the centre.
- Turn it round and round in the air.
- Clockwise and anticlockwise.
- Hold pencil with pincer grasp.
- Swing and twizzle it side to side.
- Hold pencil with point on table.
- Remember not to press too hard.
- Change to put end on table, change again... speed up.

- Hold pencil with end on table (keep it still).
- Slide fingers right down the pencil.
- Walk them up to the top.
- Repeat until perfect.
- Hold pencil with thumb and index.
- Then thumb and middle.
- Thumb and ring.
- Thumb and little, repeat.
- Thread pencil between alternate fingers.

