

**CARE & LEARNING SERVICE  
OCCUPATIONAL THERAPY FOR**

**HANDWRITING IDEAS**

The following ideas all focus on teaching the brain about handwriting and letter formation, but reduce the physical demands of handwriting

**HANDWRITING WITHOUT WRITING:**

- Make letters out of different materials, eg Playdoh, string or cardboard
- Use “Rol-n-Write” letters and numbers
- Play games that involve size and/or direction, eg obstacle courses, board games, ball games
- Play spot the difference, snap or “odd one out” games; include letters in this, especially ones that are often reversed or upside down
- Visual letters (magnetic, foam shapes around the home/class)
- Stencils – feel shapes with fingers, eyes open, then closed
- Walk letter shapes on floor

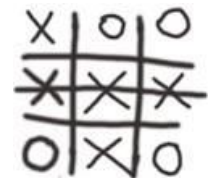


**WRITING WITHOUT A PEN / PENCIL:**

- Encourage your child to make letters or shapes in different materials with their index finger, eg foam, sand
- Finger Paints
- Water and brush outdoors
- Write letters with finger on child’s back

**PEN/PENCIL IDEAS:**

- Dot-to-dot activities – this will encourage your child to plan in advance and to check their work
- Mazes are a great way of helping to develop pencil control
- Play games that involve making marks on paper, eg noughts and crosses, keeping a tally of scores



## HANDWRITING IDEAS:

- Use different writing implements, eg chalk, thick pens, whiteboard markers
- Write over sandpaper; this will increase feedback from the muscles in the hand to the brain; writing on brick walls or the pavement does the same
- Use novelty pens, eg ones that light up with pressure or vibrating pens: this increases awareness and makes writing more fun
- Chalkboard – tracing over shapes with different coloured chalks, or pavement chalks



- Write on vertical surfaces, eg blackboard or use glass pens (most whiteboard markers also wash off easily) on windows, mirrors or bathroom tiles. This increases shoulder stability and makes it easier to self-check work
- You can recreate this position by lying on the floor and sticking paper under a desk/table

## RESOURCES:

[www.sparklebox.co.uk](http://www.sparklebox.co.uk)