



## Shuswap Children's Association Prewriting Activities

**Purpose:** To improve fine motor output in readiness for written skills.

**Procedure:** Large muscle groups need to be warmed up prior to fine muscle use.  
Fine muscle skills are then used prior to written work.

### Large muscle activities:

- Large and heavy ball games - bouncing ball, throwing and catching ball
- Hitting a balloon and keeping it overhead
- Swinging with chest on swing, feet out straight
- crawling activities - weight bearing through straight arm, floor play in 4 point crawl position
- Wall push-ups
- Hammering and sawing
- Rolling with a rolling pin
- Stirring cookie batter or play dough
- Play clapping games or "give me 5"
- Lie on back on large ball, adult hold legs, try to come up to a sitting position
- Scooter board activities, lie on stomach and use arms for propulsion
- $\frac{1}{2}$  kneel position for large wall painting
- Simon Says - imitate large body postures or jumping on 1 leg

### Fine muscle activities:

- Pick up small objects one at a time and hold as many in your hand as possible ie. marbles, beads, blocks
- Release those same things into container one at a time without dropping others
- Button and unbutton races
- Cutting play dough with a knife or pizza cutter
- Do math activities with  $\frac{1}{2}$  inch blocks, or beads
- Use cups to cut cookie or play dough, use twisting action
- Loading dishwasher, turn cups upside down
- Playing cats cradle
- Pinching, cutting, rolling small balls with fingertips and large balls with whole finger surface with play dough or theraputty

- Hide small objects in packing peanuts or uncooked macaroni, get child to identify object before looking at it
- Crayon rub pictures, can use leaves or letters cut out of sandpaper
- Finger puppets, straighten and bend individual fingers
- Poke individual fingers in dough, clay - squeeze through the fingers or squish between the fingers and pull to make hills come up
- make picture with sequence, rice or other small items with fingertips or tweezers
- Playing a keyboard with individual fingers
- Roll and put tape between fingers and get child to pull fingers apart
- Simon Says - different bending of the fingers patterns
- Cutting activities - glue and paste

Written Work ideas include:

- Lie on stomach, propped on elbows colour or draw
- Use sidewalk chalk on chalkboard or pavement, make cage lines over drawn Lion making sure to stay within the top and bottom lines
- Use pencil grip or paint ring around pencil where it should be held
- Use short pencil, chalk, crayon to encourage tripod grasp
- Tracing activities and colour in small areas
- Drawing letters within a lined frame work
- Always get student to check and correct work, let them do the problem solving, with adult asking the questions
- Draw on large paper taped to wall or chalkboard
- Finger-painting with paints, shaving cream or foam, apply different colours to each finger and paint with individual fingers
- While child holds pencil, adult pushes and pulls small amounts very fast on end of pencil (child tries to keep it stable using finger movements not whole hand)
- Keep wrist and forearm stable (rest on table) make small circular movements with pencil in the air - moving fingers only
- Make dots across the page - child circles one dot then flips the pencil around and erases the next dot - continue across the page - time it
- Write alphabet in the air with index finger
- Use spatial terms to help guide writing ( top to bottom, below, above, centre, middle, between, right, left, upper, lower and right and left hand corners, across)
- Break letters into parts - verbally describe
- Get child to break letters into parts - imagine what the shape looks like, example cat's whiskers 