



Marjory Kinnon School

OCCUPATIONAL THERAPY HOME ACTIVITY SUGGESTIONS

Part 3: Pre-writing Skills

GENERAL PROGRAMME GUIDELINES:

- Do a combination of these activities.
- Be aware of signs of fatigue – sweating, heavy breathing, poor attention.
- If one activity is too hard try another.
- Make sure the session is fun.
- Provide lots of praise.
- Feel free to use other similar activities.
- ***Always provide direct adult supervision.***
- If you have any questions with this programme contact Jessica Brown, OT.

PRE-WRITING SKILL ACTIVITIES

The following activities are intended to build pre-writing skills. These involve fine motor control, hand eye coordination and perceptual skills but are geared more to develop the grasp, concepts and patterns used in writing.

- Trace designs with a pencil/marker.
- Copy designs with a pencil/marker.
- Working left to right on a large piece of paper, create a flowing design (waves, zigzags) and have the child trace along the path.
- Do rainbow writing. Draw a word, letter, shape or picture. Have the child trace it with one colour, then another, then another, etc. This is a great way to help a child remember a shape, letter, word or name.
- Finger paint on paper or in tub.
- Form shapes, letters and numbers, using a stick in the sand, mud etc. Also try using pavement chalk.
- Use a paintbrush with plain water to paint a design on the ground or wall of the house (make sure this is done in a safe area).
- Use your fingers to make shapes, letters and numbers on a surface covered with shaving foam, finger paint, sand mud etc.
- Use a wand with a streamer or ribbon at the end to form shapes etc in the air.
- Colouring is great; choose the level that is suitable for your child.

- Dot-to-dot, mazes etc.
- Use beans, rice, seeds etc to draw and fill in a picture, using glue.
- Magna doodle or Etch-A-Sketch are good for pre-writing fun.
- Practice using stencils. There are the kind you trace the outside of and easier ones that you trace along the inside of.
- Paint, colour, and draw on paper taped to the wall or on an easel. Good for arm strength.
- Paint a design on a piece of wood or rock.

Have fun!