
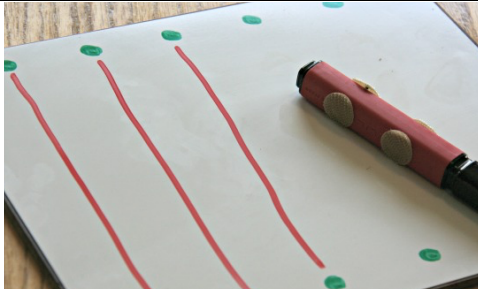





Pre-Writing Home Therapy

Exercise	Description
	<p>Have the child finger paint. You could also use shaving cream.</p>
	<p>Copying simple horizontal, vertical, and diagonal lines as well as circles.</p> <p>To make it easier</p> <ul style="list-style-type: none"> - Draw dots for the child to connect or have them trace a dotted line
	<p>Writing on a slanted surface can help a child maintain a proper writing position. It also places the paper in a better line of vision for the child.</p>





While seated at a table, make sure the child is in a 90° 90° 90° position which refers to have the child's feet resting on the floor, knees bent and comfortable, and the bend straight against the back of the chair.



Have the child turn the pages of a picture book one by one.



Child colors with a broken crayon. This will encourage the child to have a mature 3 finger grasp.





Drawing shapes in play dough. This will help to improve hand strength as well as create a fun way for a child to practice handwriting.



String beads onto a string

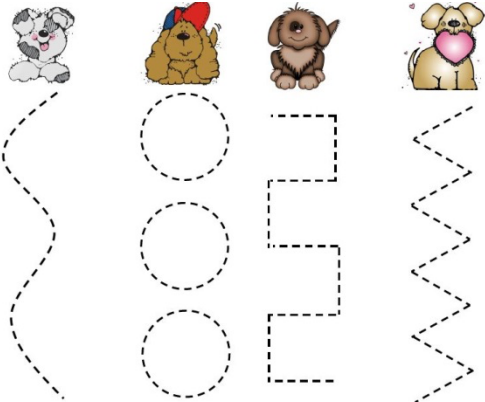
Make it easier:


- Use a pipe cleaner instead of a string
- Use larger beads

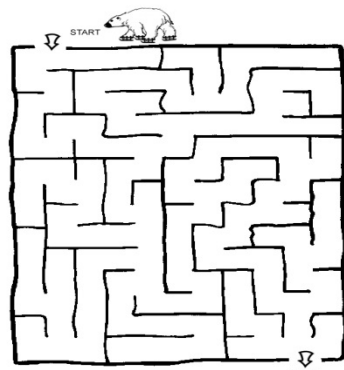


Have the child color in a coloring book.
Encourage them to stay within the lines and boundaries of different shapes and images



	<p>Have the child practice drawing with tracing sheets. These sheets can be easily printed off the internet or drawn by hand.</p>
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	<p>Arts and crafts involving clothespins examples:</p> <ul style="list-style-type: none"> - Spikes on a dinosaur - Legs on a picture of an animal such as a ladybug - Have them hang them pictures up on a line - Feathers on a turkey
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	<p>Have the child do maze work sheets. These can be easy or harder and can be easily printed off of the internet.</p>
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Have the child play with coins or buttons. Make it fun by having them sort the buttons into contains or a baking tin.



Have the child use tweezers to pick up different objects such as pom poms or cotton balls.



Have the child spray a spray bottle, either to water plants or to perform an arts and crafts project.



Put beans into putty or play dough and have the child pull them out

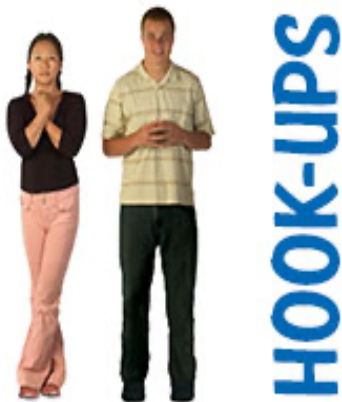




Wheelbarrow walks can help improve hand and wrist strength.

For an Extra Challenge:

- Have the child try to walk all the way across the room
- Set up a mini-OC and have the child avoid objects





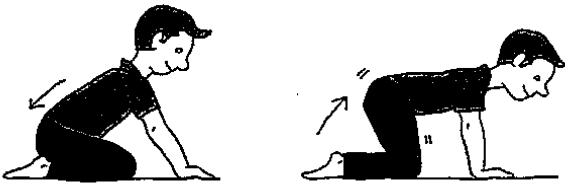
Have the child perform Hook-Ups. These will help to activate areas of the brain that impact our sensory and motor capabilities.

- Cross ankles one over the other, with arms straight and hand relaxed
- Cross wrists one over the other and then laces fingers together so that palms are facing each other
- Then curl both arms inward and up like you are zipping up a jacket until both arms are resting on the chest and hands are under the chin (should look like the image of the left)
- Breathe slowly and hold position for 15-30 seconds

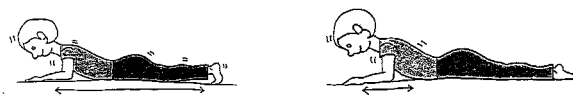
For an Extra Challenge:

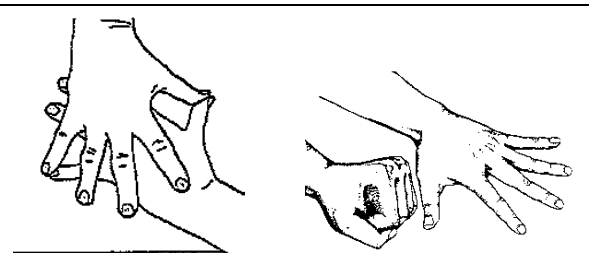
- Have the child close his or her eyes to challenge balance

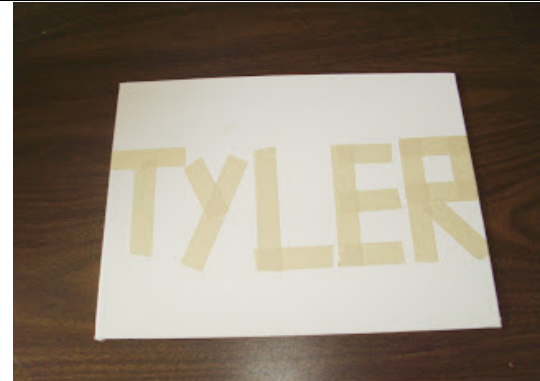


	<p>Lazy 8's</p> <ul style="list-style-type: none"> • Start with whole arm movements • Next just make using finger movements
<p>BRAIN BUTTONS</p> 	<p>Have the child perform Brain Buttons before attempting writing activities. This will help to increase blood flow of oxygen rich blood to the brain, which will help to improve the child's energy as well as ability focus his or her eyes.</p> <ul style="list-style-type: none"> • While touching the navel, have the child deeply rub his or her collarbone on either side of the sternum • Child takes deep breaths and continues rubbing for 15-30 seconds • Child may also move his or her eyes along a line (such as the corners of the room)
	<p>Rocking on Hands and Knees</p> <p>Sit back on the heels, stretch arms forward and press hands into the floor. The hands should be directed forwards and the palms and fingers should be pressed into the floor. Rocks forward until the head is above the hands and then bounce back on the heels. Bounce forward again. Have child slowly build up to do this exercise rhythmically 20-30 times.</p>




	<p>Sliding on Stomach Lie face down with hands at the level of the ears, support lower body on the toes. Rock back and forth with small rhythmical movements in a longitudinal direction. Shoulders should be broad with hands pressed into the floor, raise the head and chest from the floor. Tuck the chin slightly. Have child slowly build up to do this exercise rhythmically 20-30 times.</p>
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	<p>Hand Stretches</p> <ul style="list-style-type: none"> • Have the child push his or her 2 hands together as seen in the image of the left. If child is struggling to do this by themselves, parent can have the child push one hand against theirs. Hold for about 7 seconds. • Have the child make a fist and hold it for about 7 seconds before releasing
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	<p>Use painter's tape to tape large letter on wall- trace with whole arm, then add a 1 or 2 pound weight to wrist and trace, trace with eyes closed</p>
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	<p>Trace large letters with wiggly pens. This will help improve hand strength as well as provide proprioceptive (body position) feedback for the child.</p>
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	<p>Recommended Materials to support writing skills:</p> <ul style="list-style-type: none"> • Triangle pens and pencils (Staedler ball point pens & Dixon Ticonderoga tri-write pencils are popular brands) • Music in the background (Vivaldi has been shown to improve cognitive performance) • Sitting on a therapy ball or wiggle cushions
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