

# GROSS MOTOR SKILL ACTIVITY SUGGESTIONS FOR HANDWRITING SKILLS

## Strengthening Activities:

- Hanging activities – practice monkey bars, chins ups, pull ups or swing from the tree limbs to increase the muscle strength in the shoulder girdle muscles.
- Climbing activities – climb the ladders and ropes on the playground.
- Pushing and pulling activities – pull a heavy wagon or push a child on a swing. These pushing and pulling motions help the shoulder learn to coactivate to produce the right amount of force and stability.
- Weight bearing activities through the arms – animal walks, wheelbarrow walking, crawling, and push ups/planks all help to increase muscle strength and improve coactivation of the shoulder and postural muscles.
- Yoga Poses – provide muscle strengthening and postural control
- Large art projects – hang some paper on a wall or use an easel. Children can reach up, left and right while painting.

## Coordination Activities:

- Jumping jacks
- Jumping rope
- Hand clapping games, all require extensive motor planning and coordination skills.

## Motor Planning Activities:

- Sky Writing – air write the letters using your entire arm describing each step as you go.
- Obstacle Courses – handwriting requires the ability to formulate a motor plan to complete multiple steps just like completing an obstacle course. Include activities from the list above. For example, crawl to a scooter board, lay on your tummy and pull yourself along a line and wheelbarrow walk to the finish line.
- Body Letter Formation – children can practice making their bodies into letters to improve the imprint on the brain of how the letter is formed.

## Eye-Hand Coordination:

Activities to help develop handwriting skills include any type of ball skills:

- Throwing
- Catching
- Shooting balls in order to practice guiding the hands to go in the proper direction and location.