



Empowerment for Every Body

Handwriting Practice

- ◇ Write in a variety of textures and media: salt, coffee grounds, dry rice, shaving cream, finger paint, baggy filled with gel or Vaseline.
- ◇ Practice writing on textures such as tissue paper, wax paper, paper towels, aluminum foil, sand paper behind a piece of paper.
- ◇ Make letters from Wikki Stixx.
- ◇ Write letter on back or back of hand with eyes closed and try to guess.
- ◇ Flatten out play dough, write letter/words with a pencil, Popsicle stick or finger.
- ◇ Roll play dough into snake and then form letters.
- ◇ Form letters on paper with cheerios, coins or skittles.
- ◇ Write on a chalk board, easel, graph paper, etc.
- ◇ Write to the flow of music.
- ◇ Use a variety of writing tools- colored pencils, markers, larger pencils/crayons, etc.
- ◇ Write in a variety of positions: standing at desk, standing at board, lying on belly, sitting on a large ball or t-stool.