

Occupational Therapy

# Handwriting - Making Words

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# Basic Hand Warm-Ups

Try and do each warm-up ten times.

If it's tricky to do one warm-up with both hands at the same time, then just do the warm-up activity one hand at a time.

1. Hands open and closed
2. Interlocking finger squeezes
3. Finger pulls
4. Finger taps on table
5. Finger taps on thumbs
6. Finger and thumb pulls and squeezes
7. Finger separations



# Activity 1 - Make a finger spacer

- Trace your hand on some card.
- Ask your parent or carer to help you cut the template out so that your pointer / index finger is the only finger attached to the hand on the card.



# Activity 2 - Make some words using the letters from the same letter groups

- First we will practise using letters from the same letter groups.
- Remember these are:  
magic c; one armed robot; tall ladder letters; down-up-down and odd ones out.
- Choose one of the groups and use letters that are all, or mostly, from this letter group.
- Some examples are: dog, ran, lit, wavy, use



# Activity 3 - Make some words using the letters from different letter groups

- Now we will practise using letters from as many of the different letter groups, from previous lessons, as we can in one word.
- This can be tough so you might just be able to get 3 or 4 at first.
- As you get better you can work on practising longer and longer words.
- An example is: vanish
- How neatly can you write your name? How many letter groups does your name have?
- When you've finished a word, check over it for any mistakes or areas you can improve on.



# Activity 4 - Different sized letter practise

- Now we will practise writing words with letters of different sizes.
- Think of words that have a small letter, tall letter and a tail letter.
- Some examples are: log, jab, exiting
- When you've finished a word, check over it to see if you can see any mistakes.
- Make sure each letter is the right size, especially check that your small letters aren't as tall or aren't nearly as tall as your big letters.
- As you get better you can work on practising longer and longer words.



# Accommodations and alternatives

- If you are struggling to think of your own words, ask an adult to help give you part of or the whole word.
- If you are struggling to write it out, ask an adult to write the word down for you to copy or trace.
- Concentrate on small words first until you get more confident to tackle longer words.
- If it's really difficult to write sticking to a line, practise on plain paper first.
- You can also use paper with bigger spaces between each line on the page to help fit your letters on.

