



MOTOR ACTIVITIES To Improve Writing

The following is a short list of fun gross and fine motor exercises that may help your child improve their handwriting:

- **Hanging Activities:** Monkey bars, chin-ups, pull-ups or swing from tree limbs.
- **Climbing Activities:** Climb ropes and climb ladders on the playground.
- **Pushing and Pulling Activities:** Pull a heavy wagon or push a friend or sibling on a swing.
- **Sky-Writing:** “Air-Write” letters and numbers using the entire arm, making sure you describe each step as you go.
- **Obstacle Courses:** Crawl inside a tube, pull yourself along a line and wheelbarrow walk to the finish line.
- **Body-Letter Formation:** Twist and turn your body into letters and numbers.
- **Coordination Activities:** Do jumping jacks, jump rope, and play hand clapping games.
- **Hand-Eye Coordination Activities:** Throw, catch and shoot balls
- **Bilateral Hand Skills:** Draw on loose paper held on the wall by the non-dominant hand; tear or scrunch paper; pull apart cotton balls, paper strips or tissue paper; play with legos, duplo, bristle blocks or other types of blocks or magnetics that stick together; lace beads or thread buttons, pasta, cut-up straws; play with play-dough and roll snakes/balls; cut-out shapes; help with cooking (i.e., hold the bowl with one hand and stir with the other)
- **Wrist Stability and Extension Exercises:** Work and play on vertical surfaces (window, mirror, wall, fence, chalk board, white board, etc.); write on sloped surfaces; drum with sticks or hands with an emphasis on bending wrists-up (extension) and down (flexion).
- **Hand Strength:** Play with weighted balls (e.g., in the obstacle course pass, roll, roll, catch, etc.); squeeze/unsqueeze a stress ball; squeeze water out of a big sponge; pull, squeeze and mold putty or play-dough; play tug-of-war; play with snaps and connectors; turn tops of containers or door handles; play with clothes pins and pin cards or clothes to an indoor “clothes lines.”
- **Development of the palm arches:** Cup both hands together and shake ice or toy inside, pull putty or play-dough apart with fingers; place toothpicks, coins, beads, etc. into a can, a container, a cut-open tennis ball or stick to play-dough.