

Handwriting Skill Development Fun Activity Ideas



Handwriting is an important skill for school-aged children to develop.

There are many reasons why children may struggle with their handwriting. Your Occupational Therapist can help to identify these factors through assessment and observation.

Occupational Therapists can provide advice on appropriate activities to assist with the development of the various skills and abilities that underpin handwriting. Occupational Therapists are able to identify and adapt activities to ensure that they are addressing the child's individual needs and goals, are age-appropriate, and most importantly, are lots of FUN!!

Here is some information about common issues that Occupational Therapists address when working with children, and some ideas for activities you can try at home to improve your child's handwriting skills.

Core Strength

Strong core muscles help children maintain good posture while sitting.

- ✓ Animal walks e.g. crab, bear, elephant
- ✓ Gym ball or scooter board activities
- ✓ Climbing & swinging



Shoulder Strength/Stability

Strong and stable shoulder muscles help children to complete writing tasks without getting tired or producing messy work.



- ✓ Wheelbarrow walks
- ✓ Chair or wall push ups
- ✓ Colouring when lying on tummy

Wrist Position

A slightly flexed wrist is the ideal position to allow for effective handwriting.

- ✓ Writing on a white board on the wall
- ✓ Writing on an angled board
- ✓ Hammering



Hand Strength

- ✓ Play dough or theraputty (squeezing, rolling, pulling)
- ✓ Spray bottles or water pistols

Finger Dexterity

Finger dexterity refers to the coordination of the small muscles in the hand.

- ✓ Putting coins into money box
- ✓ Threading beads
- ✓ Play dough or theraputty
(making small balls with thumb & fingers)



Pencil Grip

Correct pencil grip allows the majority of movement while writing to come from the fingers, making handwriting neater and less tiring.



- ✓ Colouring with triangular pencils or crayons
- ✓ Clothes peg activities
- ✓ Popping bubble wrap

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