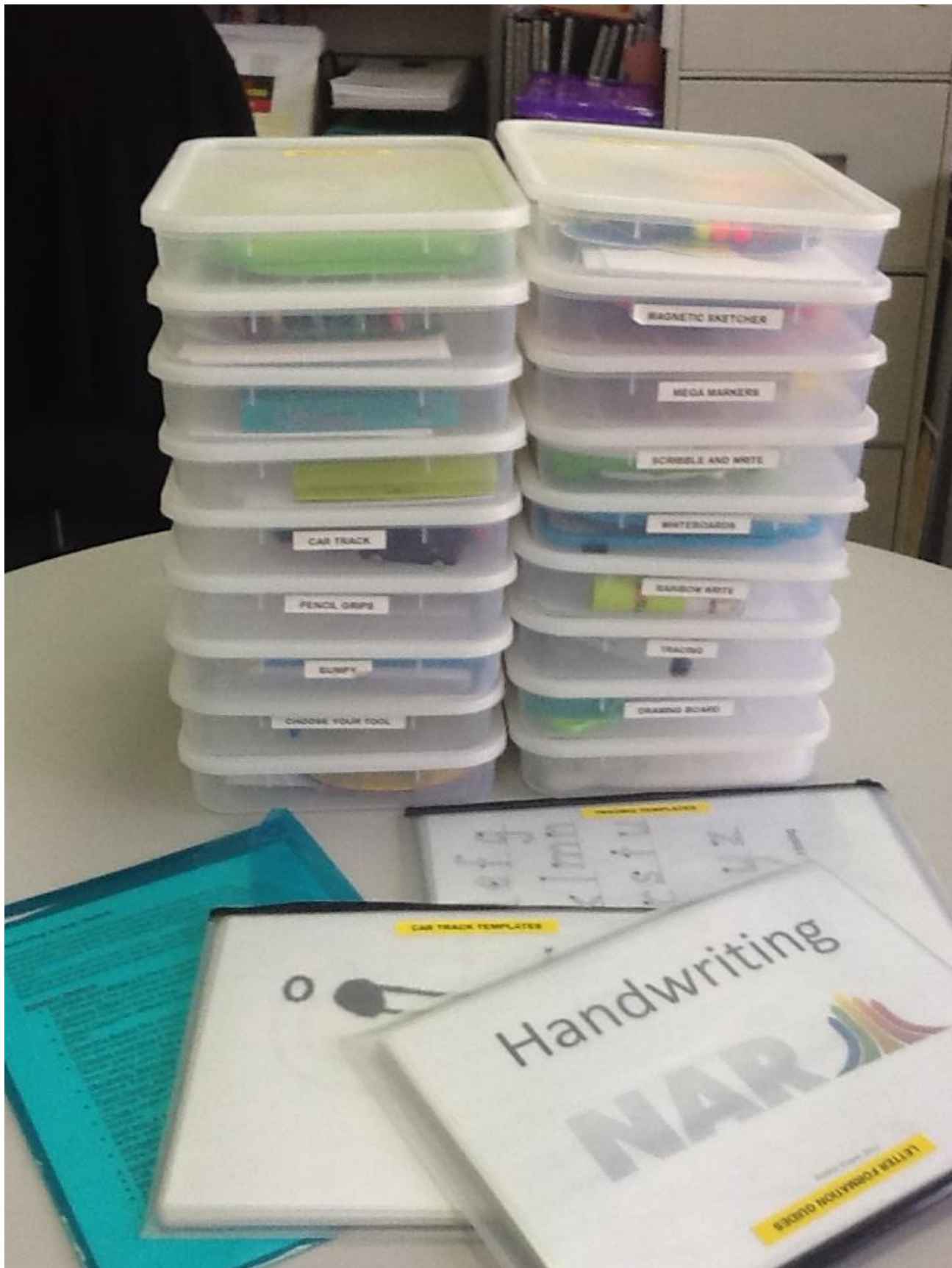


Handwriting Activity Stations



Warm Ups

Students warm up using strategies such as those from

Handwriting in the South Australian Curriculum

Warm-up activities

The warm-up activities described below are based on the work of Laura Stevens, occupational therapist, in *Hands up!* (2004), a description of a handwriting project for Torrensville Primary School.

Finger warm-ups

Put on imaginary writing gloves: Pull on the 'gloves', applying firm pressure to the fingers and back and palm of each hand. This exercise provides proprioceptive and tactile feedback and prepares the muscles for movement.

Spider push-ups: Place finger tips together and bend and straighten the fingers while pushing the finger tips against each other.

Pencil Olympics: Twirl the pencil like a baton, spinning it both horizontally and vertically.

Inchworm: Using a tripod grip, move the fingers along the pencil from one end to the other. Do not use the other hand to hold or support the pencil.

Piano: Drum the fingers on the desk as if playing a piano. Ensure each finger tip touches the desk.

Shoulder warm-ups

Shoulder warm-ups prepare the arm for writing and may help to release tension in the neck and shoulders.

Shoulder shrugs: Shrug shoulders forwards, then backwards.

Crocodile snaps: Start with one arm straight above the head and the other extended down one side of the body, then snap the hands together meeting above the head, like a crocodile snapping its jaws. Repeat with reversal of arm positions.

Air-traffic controller: Start with the elbows bent and the hands in a fist in front of each shoulder. Then straighten the elbows, moving one arm out to the front of the body and the other arm to the side of the body. Alternate the movements.

Butterflies: Begin with arms extended straight in front of the body. Link the thumbs to make an 'x' and turn the palms to face out. Using the shoulders to move, make small circles with the hands, moving the hands to the left and right in unison (the fingers lie side by side and are not moving—the movement is coming from the shoulders).

Chair push-ups: Begin by sitting up straight in the chair with hands gripping the sides of the chair, thumbs facing forwards and fingers pressing against the underside of the chair. Using the strength in the arms, push the bottom up from the chair. The feet should come up from the floor.

Desk push-ups: Start with hands flat on the desk, with the tips of the thumbs and index fingers facing each other to create a triangle. Bend the elbows to bring the nose towards the triangle and then push up with the arms to straighten the elbows again.

For each station the teacher models formation of the letter on the whiteboard and states the letter sound and name. The teacher talks aloud the formation of the letter. Students firstly write the letter in the air following teacher instructions. Then the modelling occurs repeatedly for each for each station. Students work in pairs on each station. Students may take turns to write and observe (and peer assess) at each station.

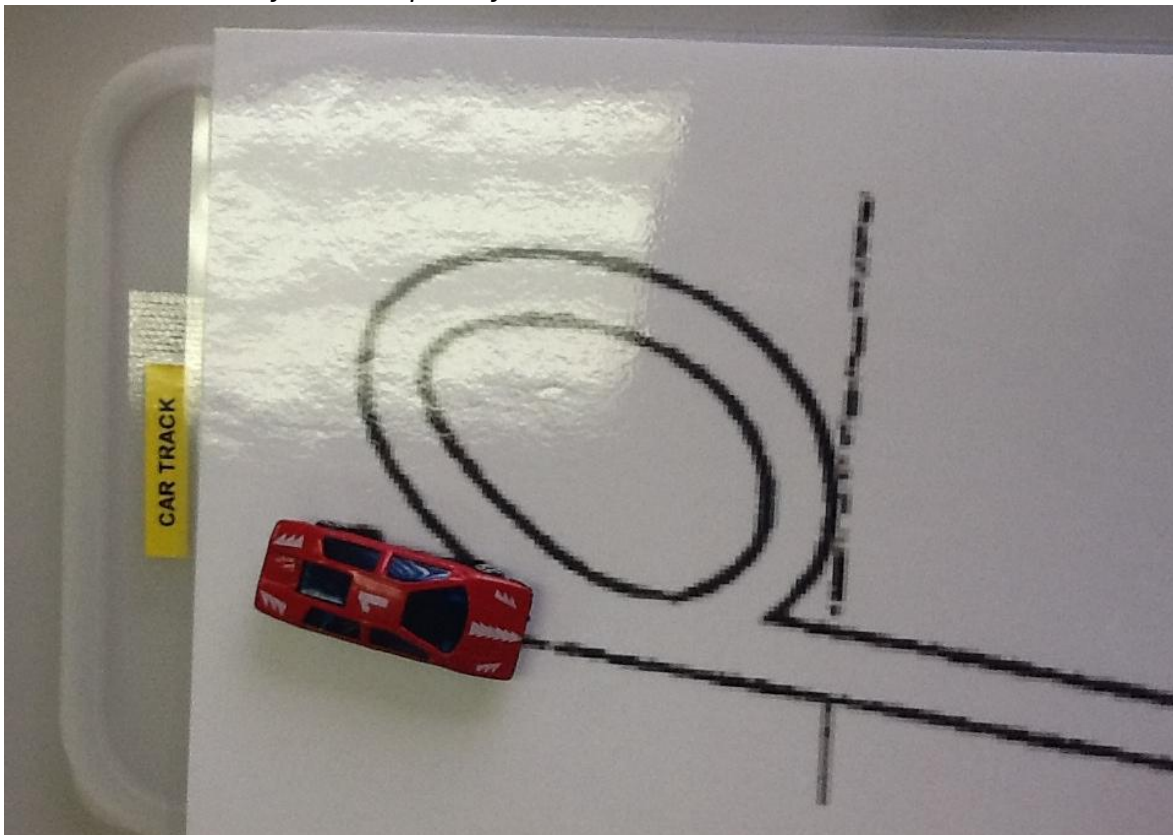
After each station, students clean up their work and then move on. The demonstration then occurs again. After the full rotation students have generally formed the letter 25+ times.

Suggested Rotation Stations

- ***Bumpy*** - place paper over corrugated card and write the letter over the bumpy surface. Alternatively use a finger directly on the card.



- ***Car Track*** - Use a car to follow the path of the letter.



- **Chalk Boards** – write with chalk on blackboards or another suitable surface.



- **Choose your tool** – choose from a range of writing implements (crayons, textas, pens etc) which are placed in the tray for students to select from along with various papers.



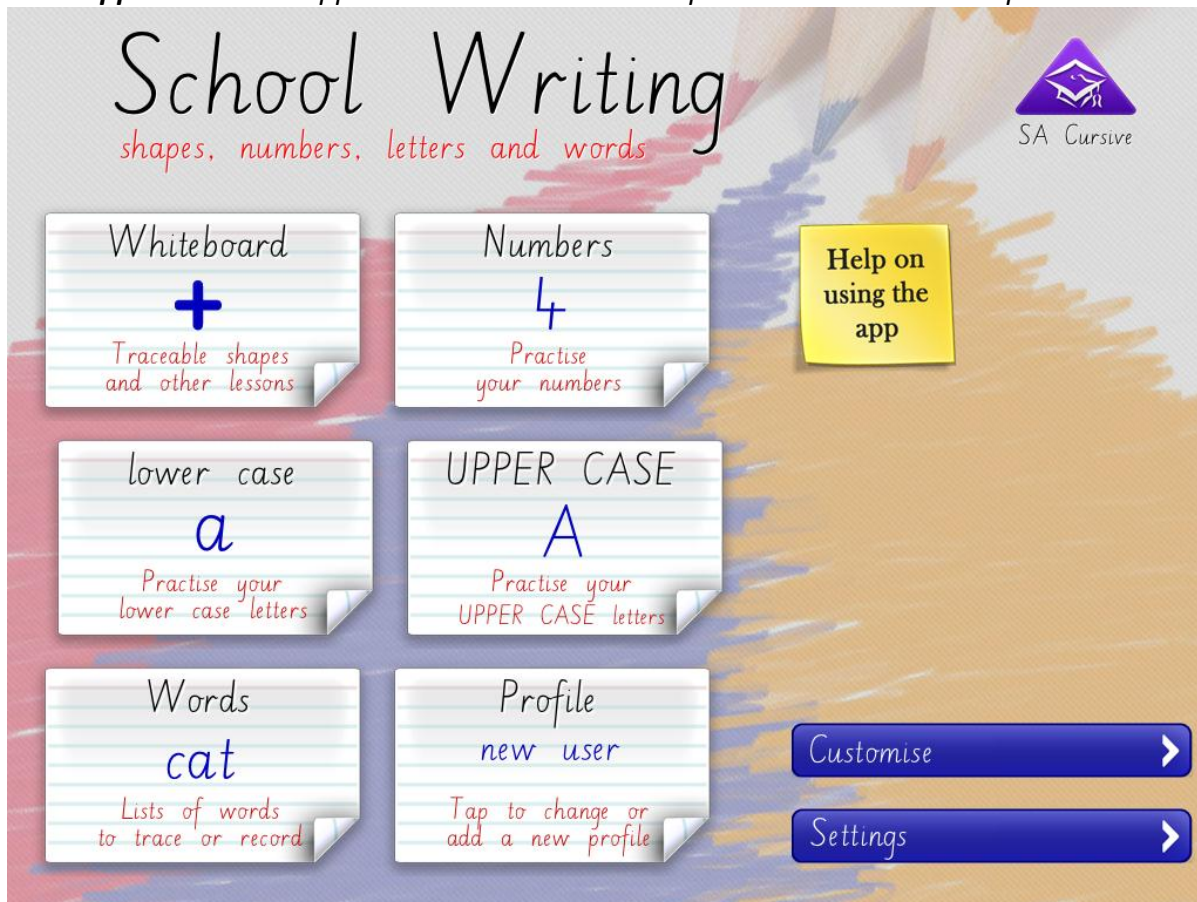
- **Colour Change Markers** – write the letter and use the special marker to go over it which changes the colour of the ink.



- **Gel Pastels** – write with smooth markers on any paper surface



- **I-Pad Application** – an application available to the I- pad which uses the SA alphabet



- **Magnetic Board** – write on magnetic sketcher that can be cleared using the lever



- **Mega Markers** - use markers on any paper surface



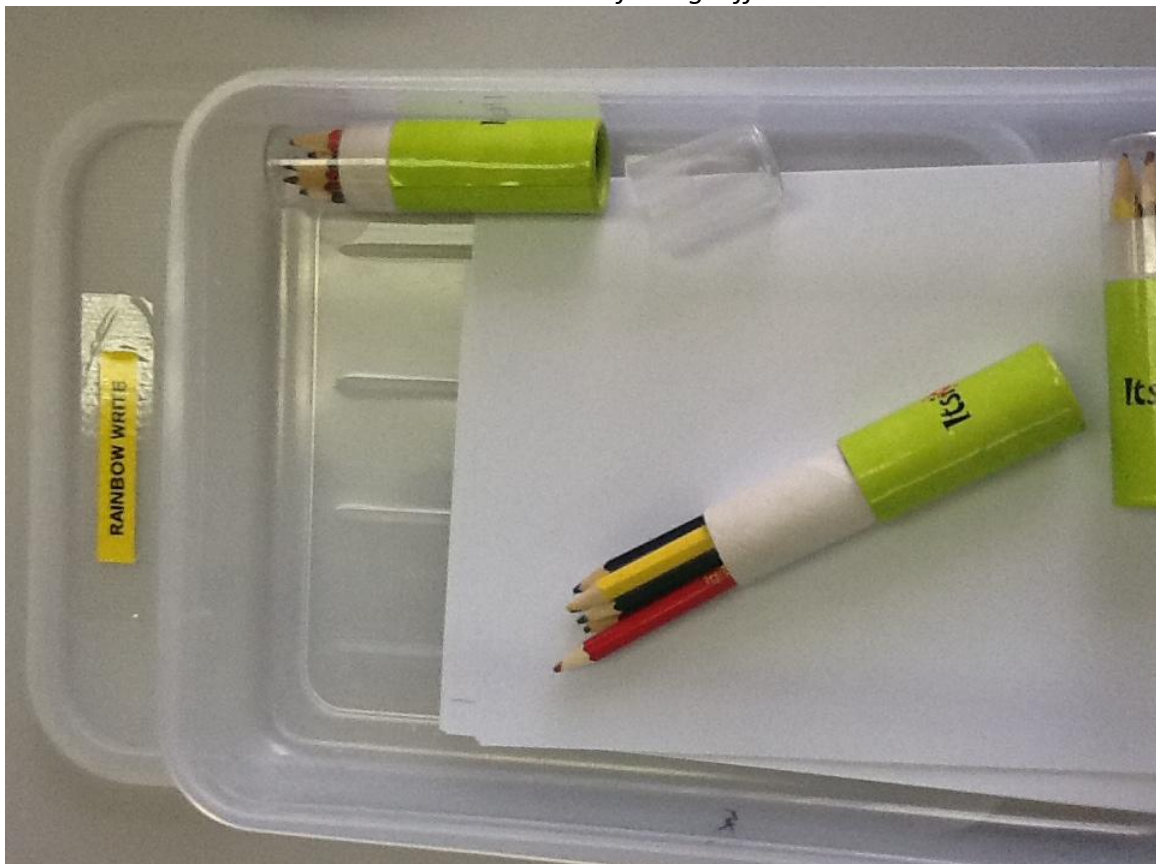
- **Mini Drawing Boards** – use in a way similar to magnetic boards



- **Pencil Grips** - Use different types of pencil grips for writing the letter.



- **Rainbow Write** - Form the letter over and over itself using different colours each time.



- **Roller Stampers** –roll the markers over the path of the letter.



- **Salt tray**- Use the tray which is filled with salt or sand and write the letter with a finger or brush.



- **Scribble and Write** - These are electronic devices that light up showing the pathway for letter formation.



- **Squeeze and Brush** - Use the paint markers with the paint stored in the barrel.



Swirlies – Use coloured pencils that have multiple coloured leads.



- **Tracing** – Trace over the laminated letters with whiteboard markers



- **Whiteboards** - Use whiteboard markers to form letters and then wipe them off.



Please Note:

These are suggested stations only. Most stationery was bought at various discount variety stores at a cost of \$2 to \$5.

The Scribble and Write electronic device is available at larger variety stores such as Target, K-Mart and Big W for an approximate cost of \$35.00. Some letters on the device do not match the SA alphabet however.

The School Writing Ap is available from iTunes for \$4.99.



Templates for the laminated car tracks, trace over letters, mini posters and letter formation PowerPoints are available on the NAR facilitator website.