

Handwriting Matters

Helping Little Hands Write Right



1. Why Handwriting Still Matters
2. When Handwriting Is Neglected
3. How to Identify Handwriting Problems
4. What Causes Handwriting Problems
5. Handwriting Program and Exercises



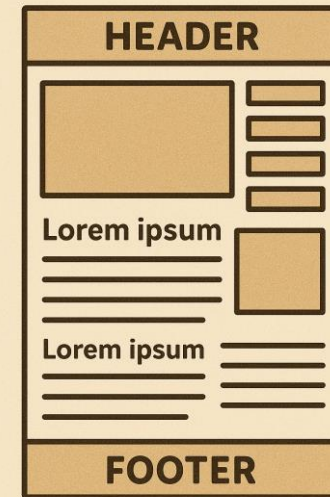
Why Handwriting Still Matters

1.) Builds foundational skills

Develops fine motor control



Develops organisational skills



STRUCTURING SENTENCES



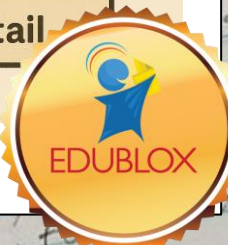
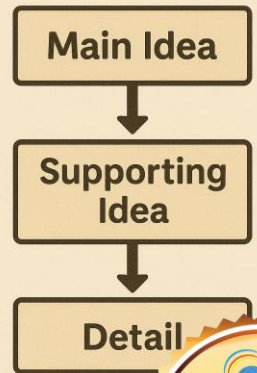
The dog runs.

Object

She reads books.



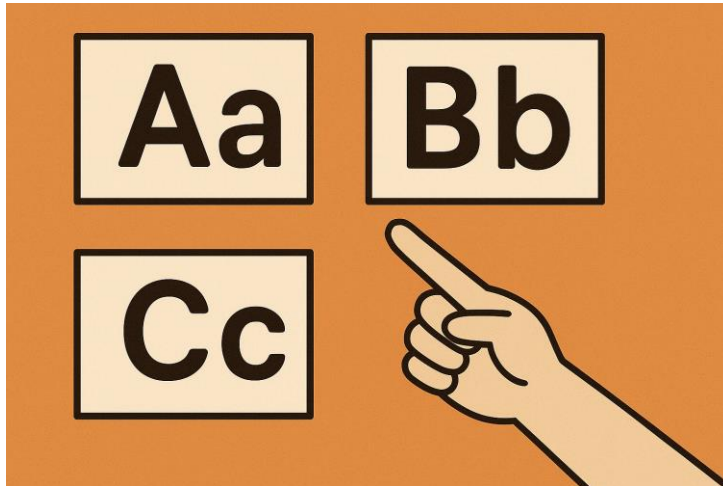
ORGANIZING IDEAS IN WRITING



Why Handwriting Still Matters

2.) Supports literacy development

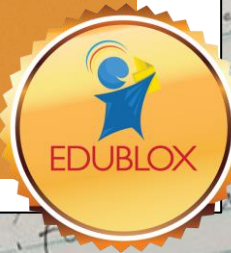
Improves letter recognition



Improves reading fluency



Improves spelling accuracy



Why Handwriting Still Matters

3.) Strengthens learning

Better understanding

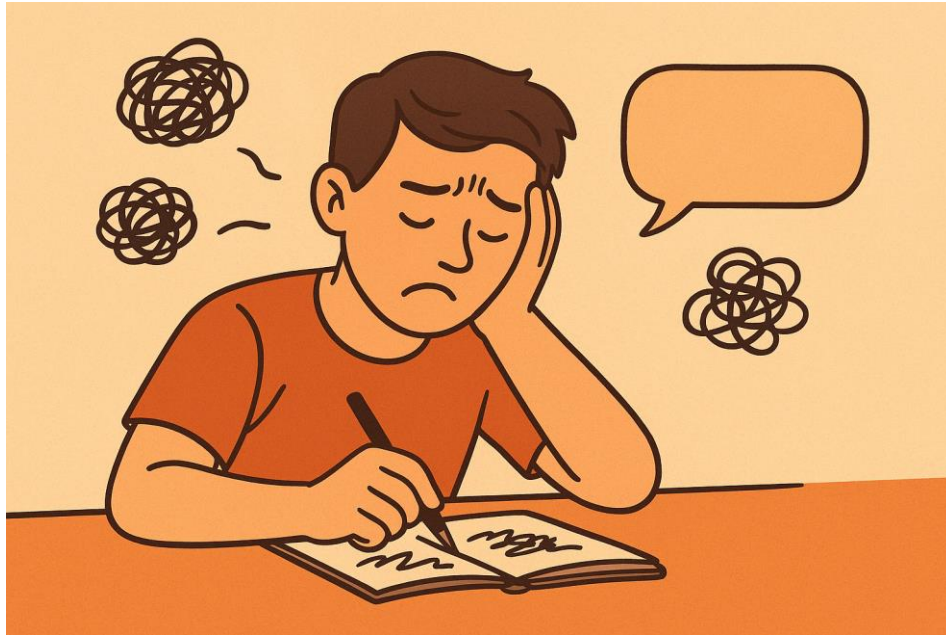


Aids memory retention

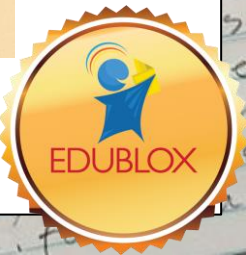


When Handwriting Is Neglected

Struggles to express ideas confidently



Writes less, affecting creativity and academic performance



How to Identify Handwriting Problems

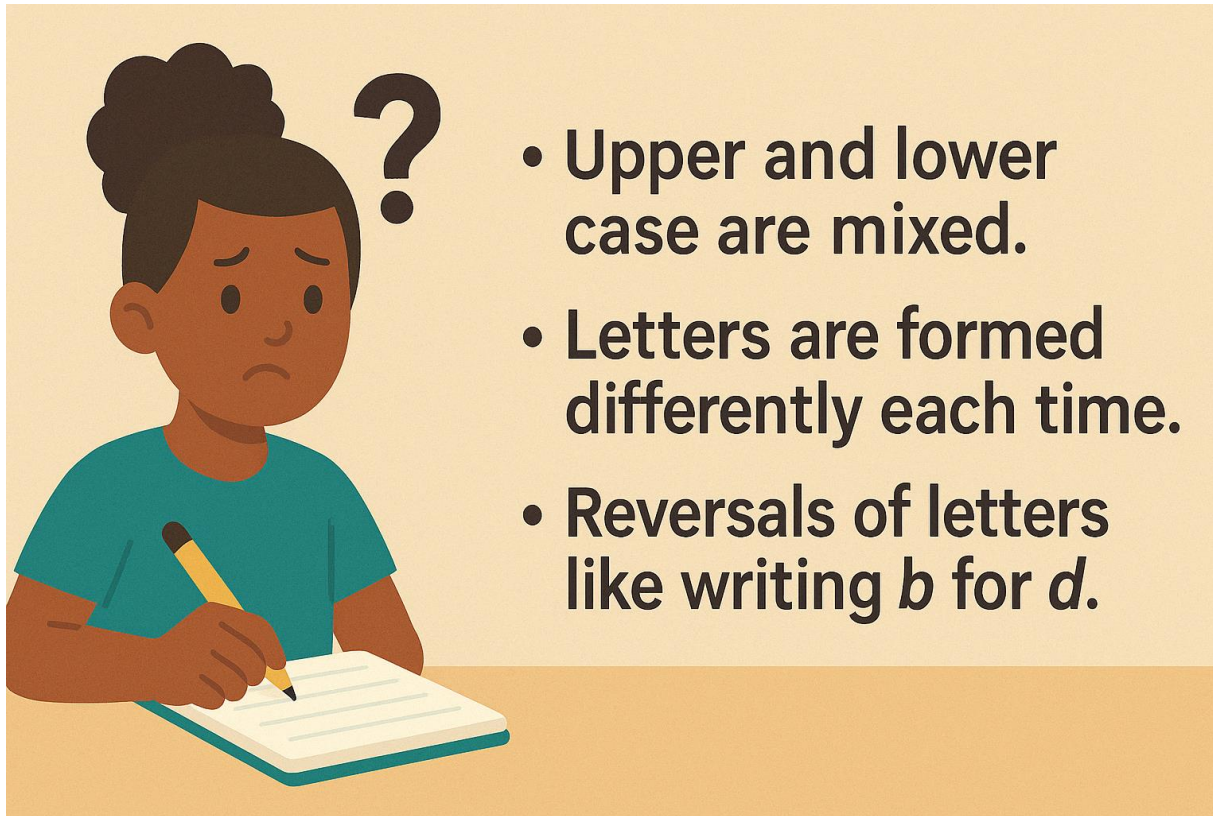
1.) Illegible handwriting



They went to
find the sea
monster to get
his ship and his
treasure back. When
they were finding
the treasure and the
ship they ^{sp}ore and
never ^{sp} that they did
see the cliff they fell
down in to the sea
and ^{sp} found the sea monster

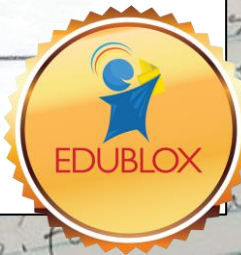
How to Identify Handwriting Problems

2.) Inconsistent letter formation



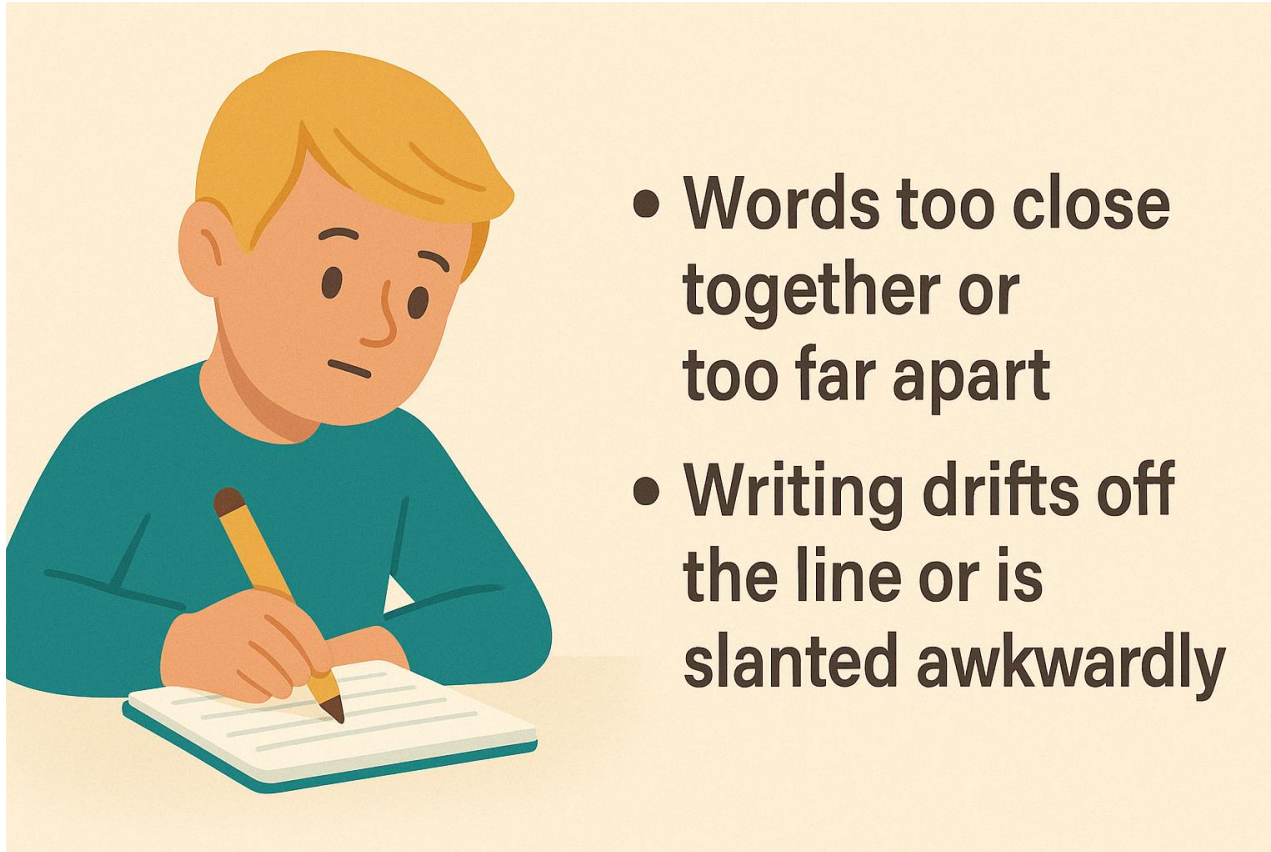
- Upper and lower case are mixed.
- Letters are formed differently each time.
- Reversals of letters like writing *b* for *d*.

I used
my memory
to sort the
animals.

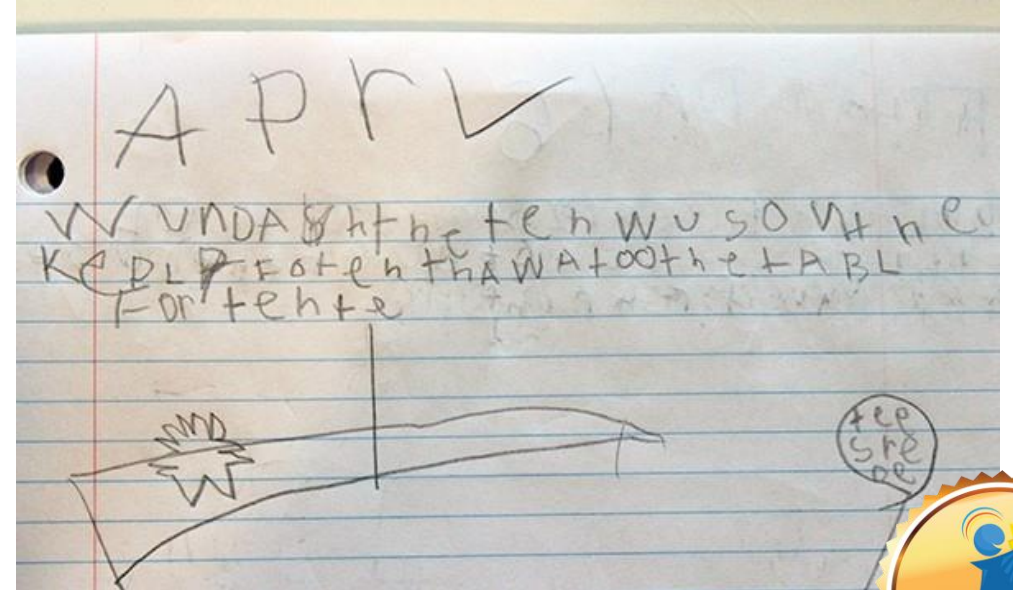


How to Identify Handwriting Problems

3.) Poor spacing and alignment



- Words too close together or too far apart
- Writing drifts off the line or is slanted awkwardly



How to Identify Handwriting Problems

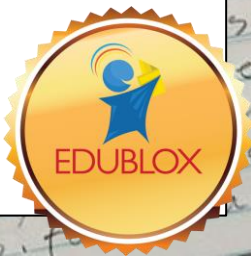
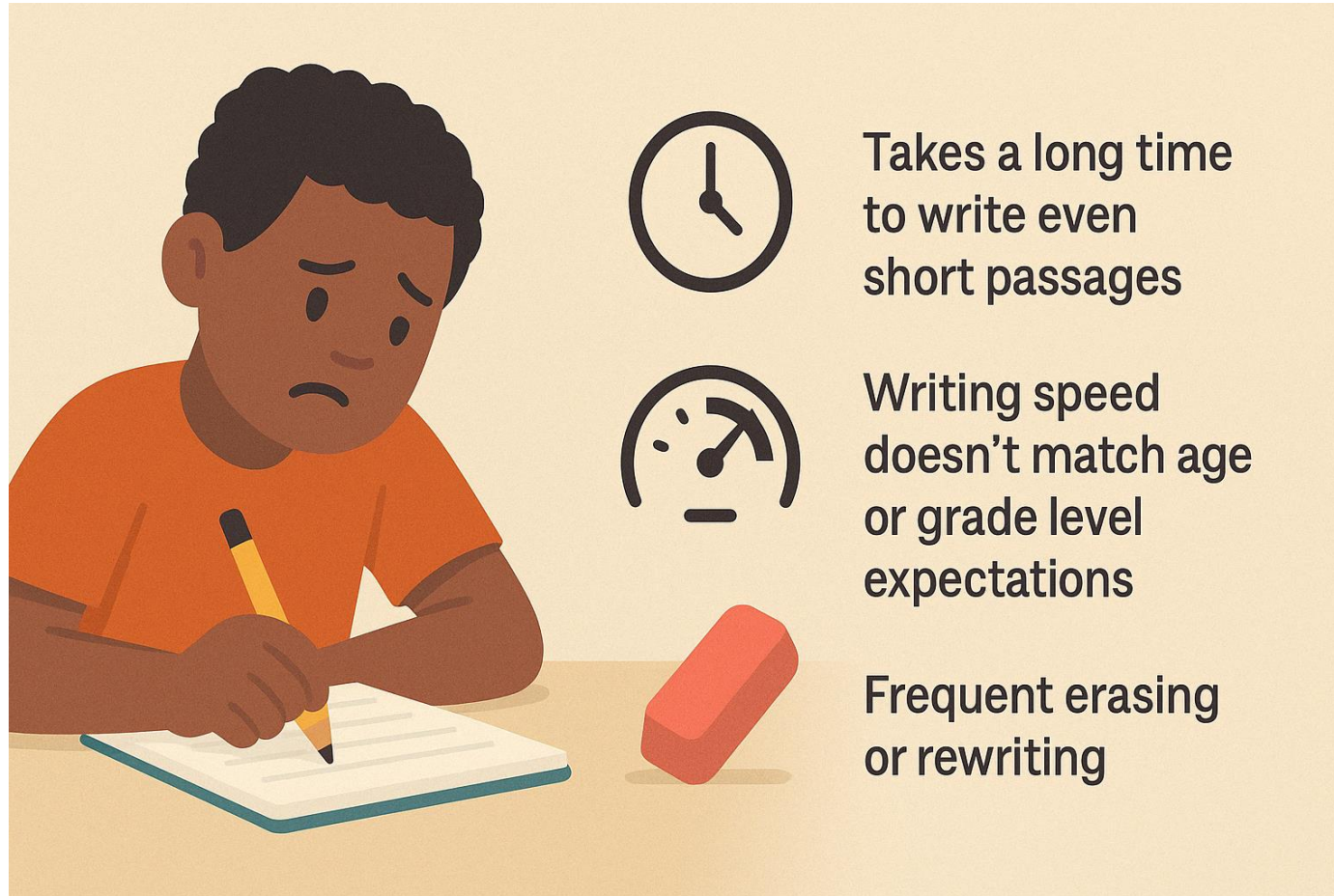
4.) Grip and posture issues

- Unusual pencil grip (e.g., using the whole hand or an overly tight grip)
- Poor posture or hand fatigue after short writing sessions
- Frequent hand cramps or complaints of pain



How to Identify Handwriting Problems

5.) Slow or laboured writing



How to Identify Handwriting Problems

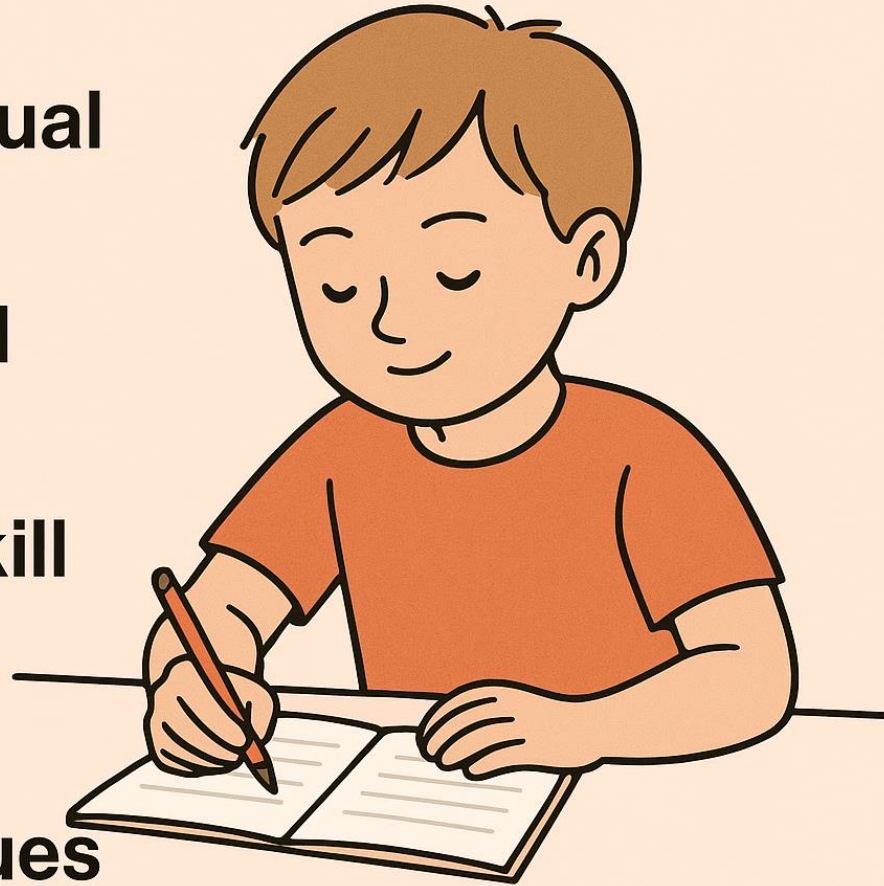
6.) Avoidance or frustration

- Reluctance to write or complaints about writing tasks.
- Negative self-talk about handwriting:
"I hate writing,"
"I'm bad at this."



What Causes Handwriting Problems?

- Visual perceptual deficiencies
- Fine motor skill difficulties
- Gross motor skill difficulties
- Visual-motor integration issues

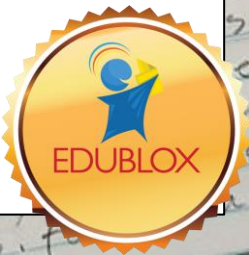


Handwriting Program

- 1.) Arrows with a twist for 3-4 minutes
- 2.) Writing exercise for 5-6 minutes
- 3.) Crumple Papers exercise for 3-4 minutes

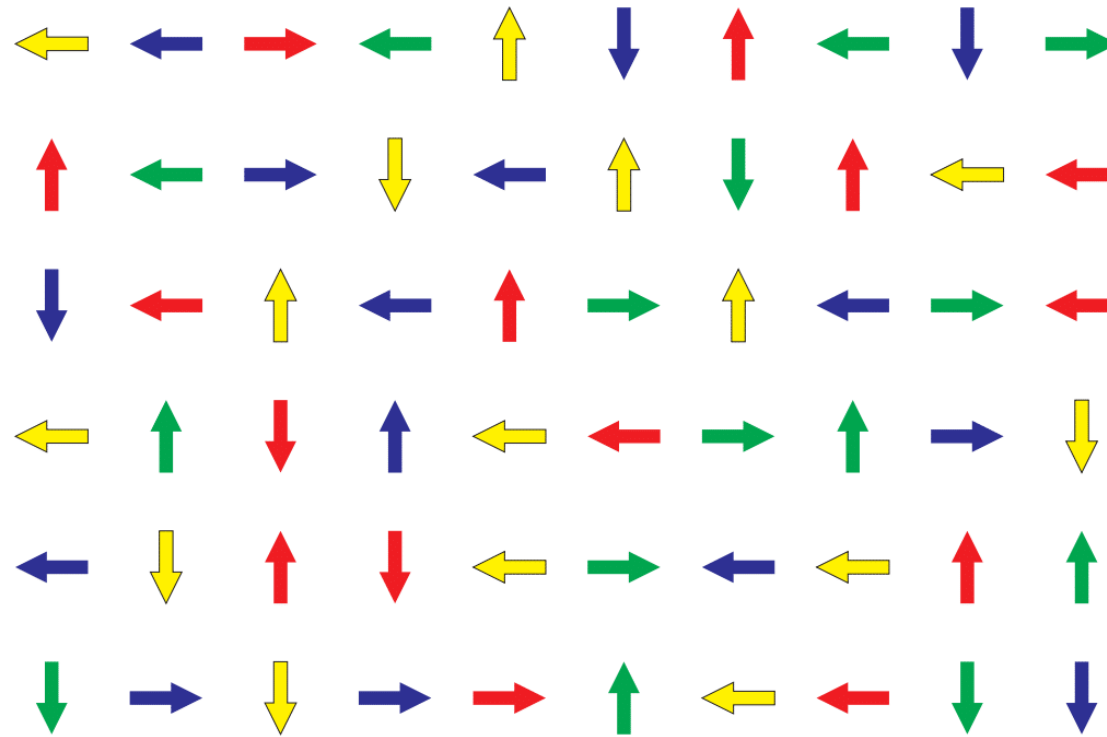
Rotate between:

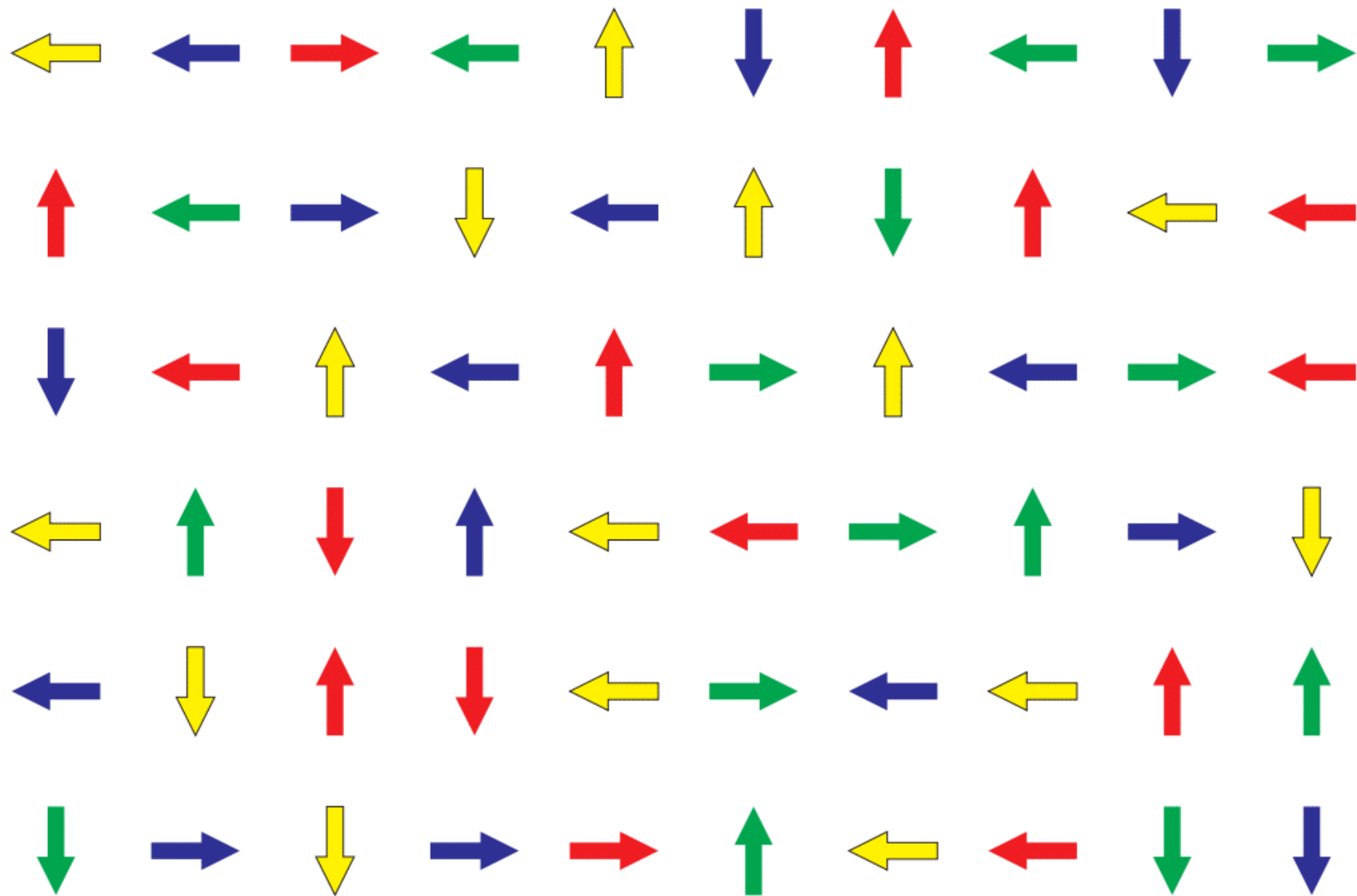
- 4.) The top 3 activities for fine motor skills development
- 5.) The top 3 activities for gross motor skills development



Handwriting Exercises

1.) Arrows with a twist (3 steps)





Handwriting Exercises

Arrows with a twist: Summary

Step 1: Call out the colour of each arrow.

Step 2: Call out the direction of each arrow

Step 3: Call out the colour of each red and yellow arrow and the direction of each blue and green arrow.

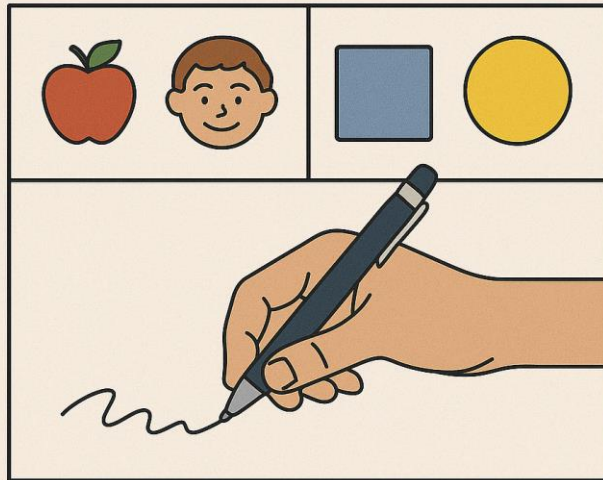


Handwriting Exercises

Arrows with a twist: Skills practised

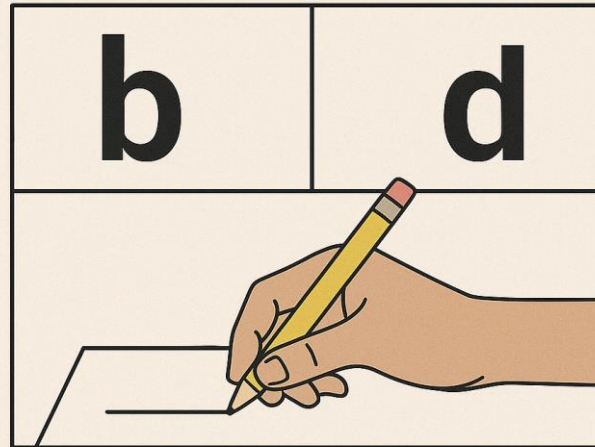
RAPID NAMING

Slower RAN correlates with slower handwriting speed.



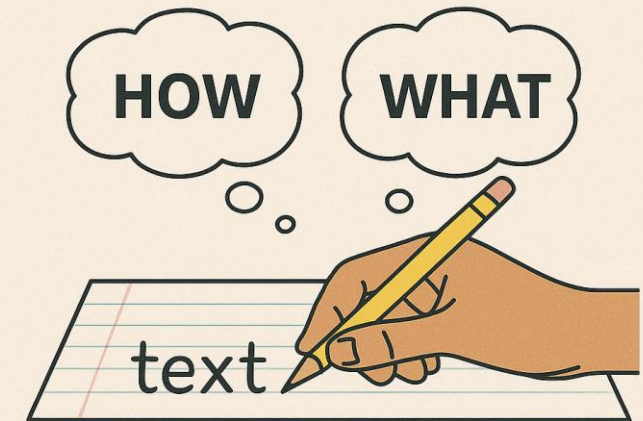
DIRECTIONALITY

Directionality difficulties correlate with handwriting issues (b/d reversals and spatial organization)



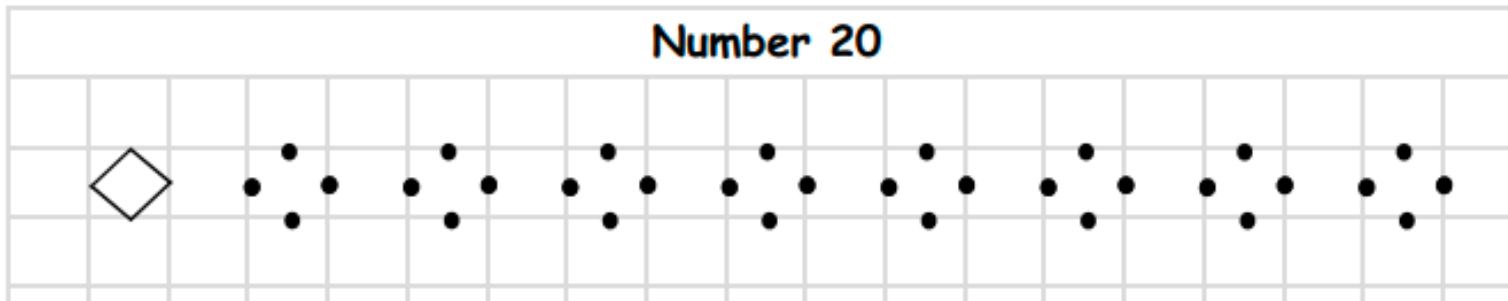
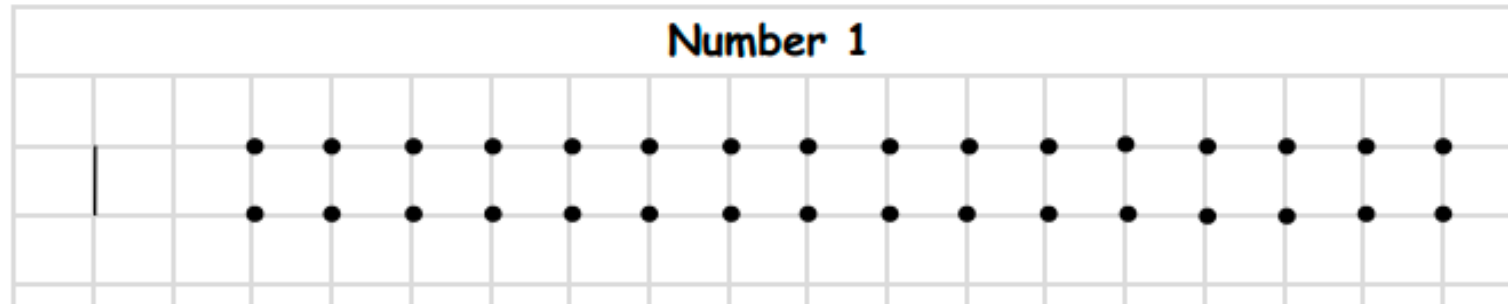
DIVIDED ATTENTION

Divided attention helps us focus on both the how and what of writing.



Handwriting Exercises

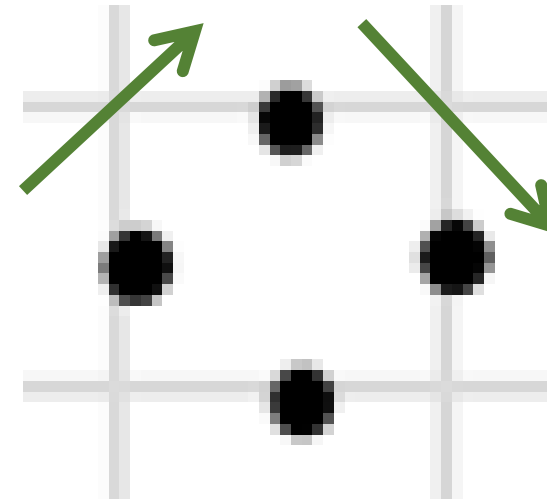
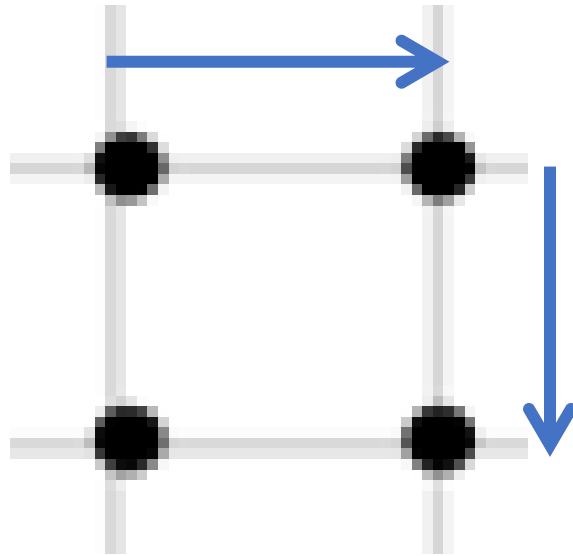
2.) Writing exercise (93 worksheets)



Link the dots of the shapes
without lifting your hand.

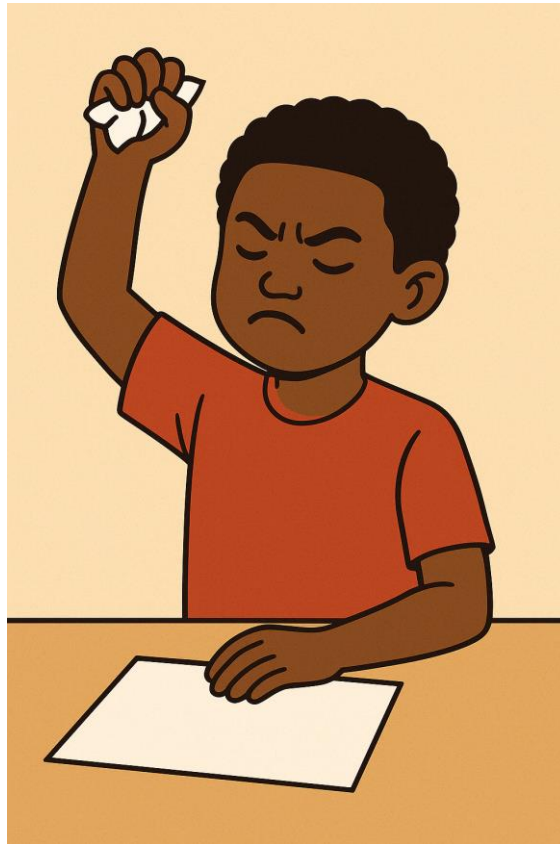


Handwriting Exercises



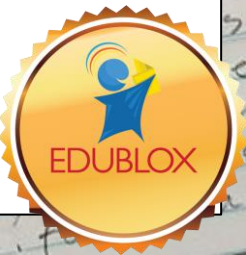
Handwriting Exercises

3.) Crumple papers exercise (2 steps)



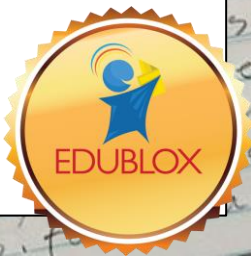
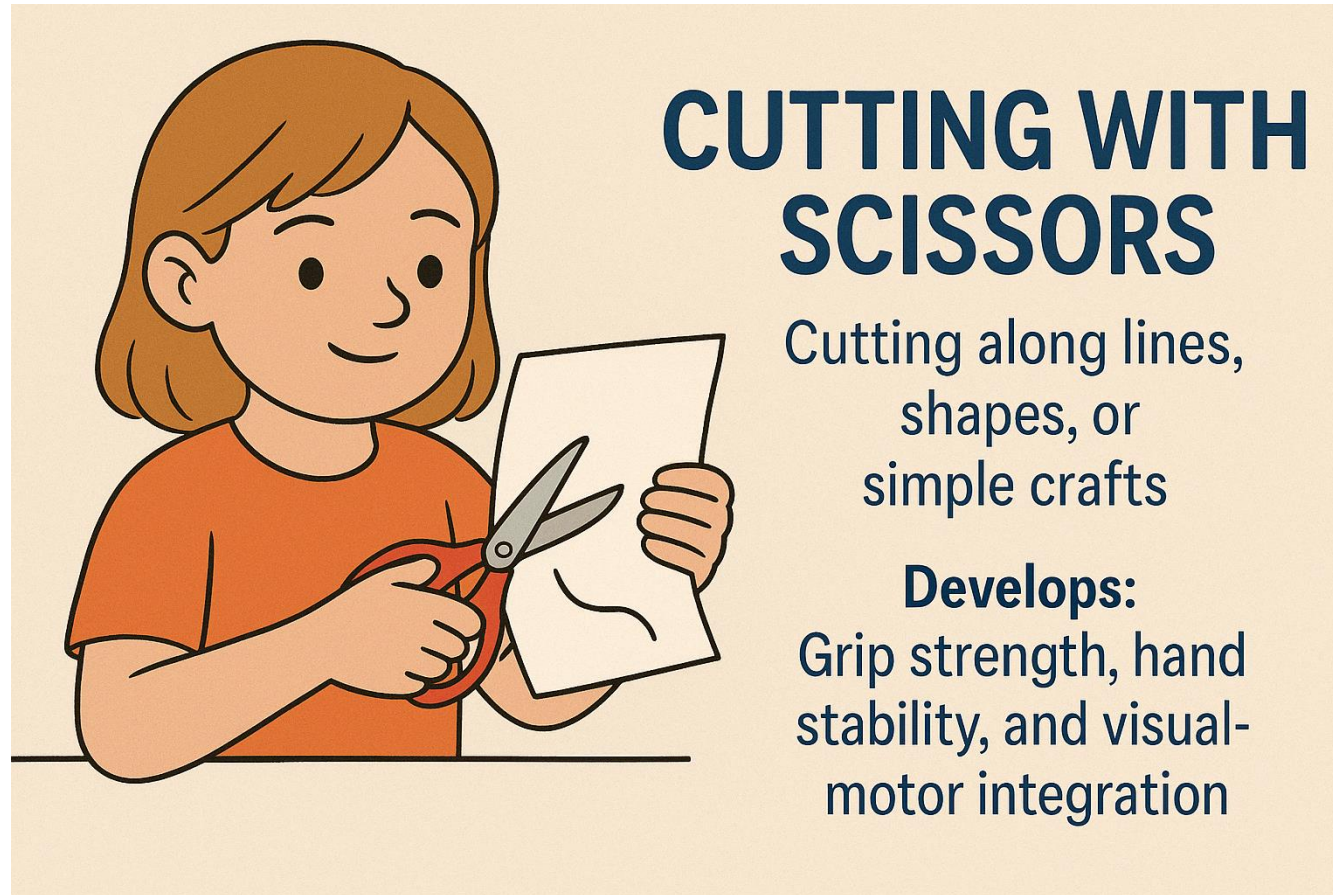
Handwriting Exercises

4.) Top 3 Activities for Fine Motor Skills Development



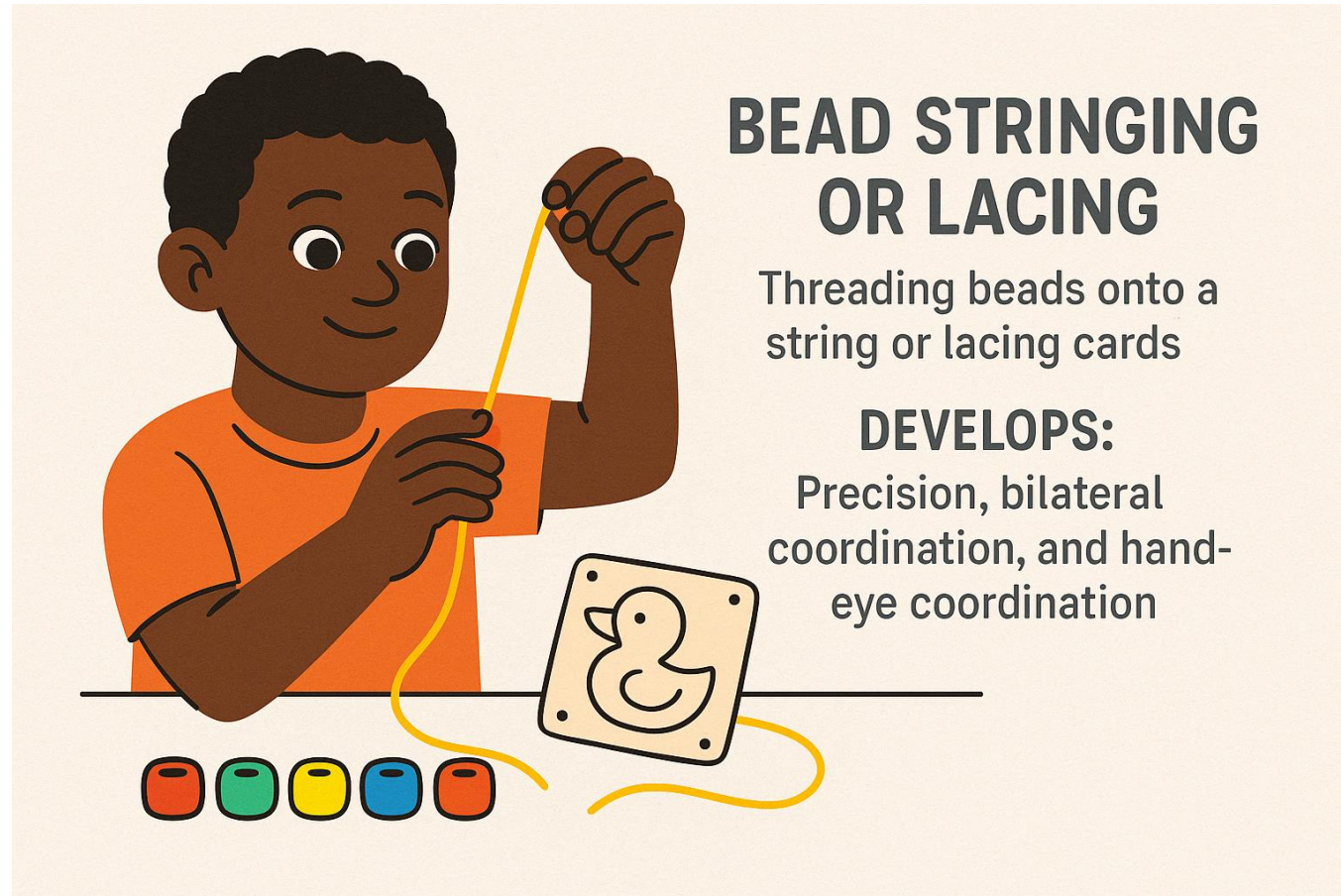
Handwriting Exercises

Top 3 Activities for Fine Motor Skills Development



Handwriting Exercises

Top 3 Activities for Fine Motor Skills Development

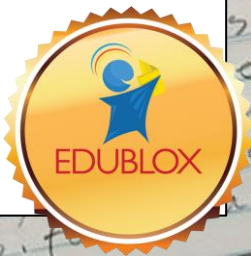


BEAD STRINGING OR LACING

Threading beads onto a
string or lacing cards

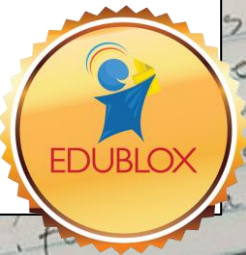
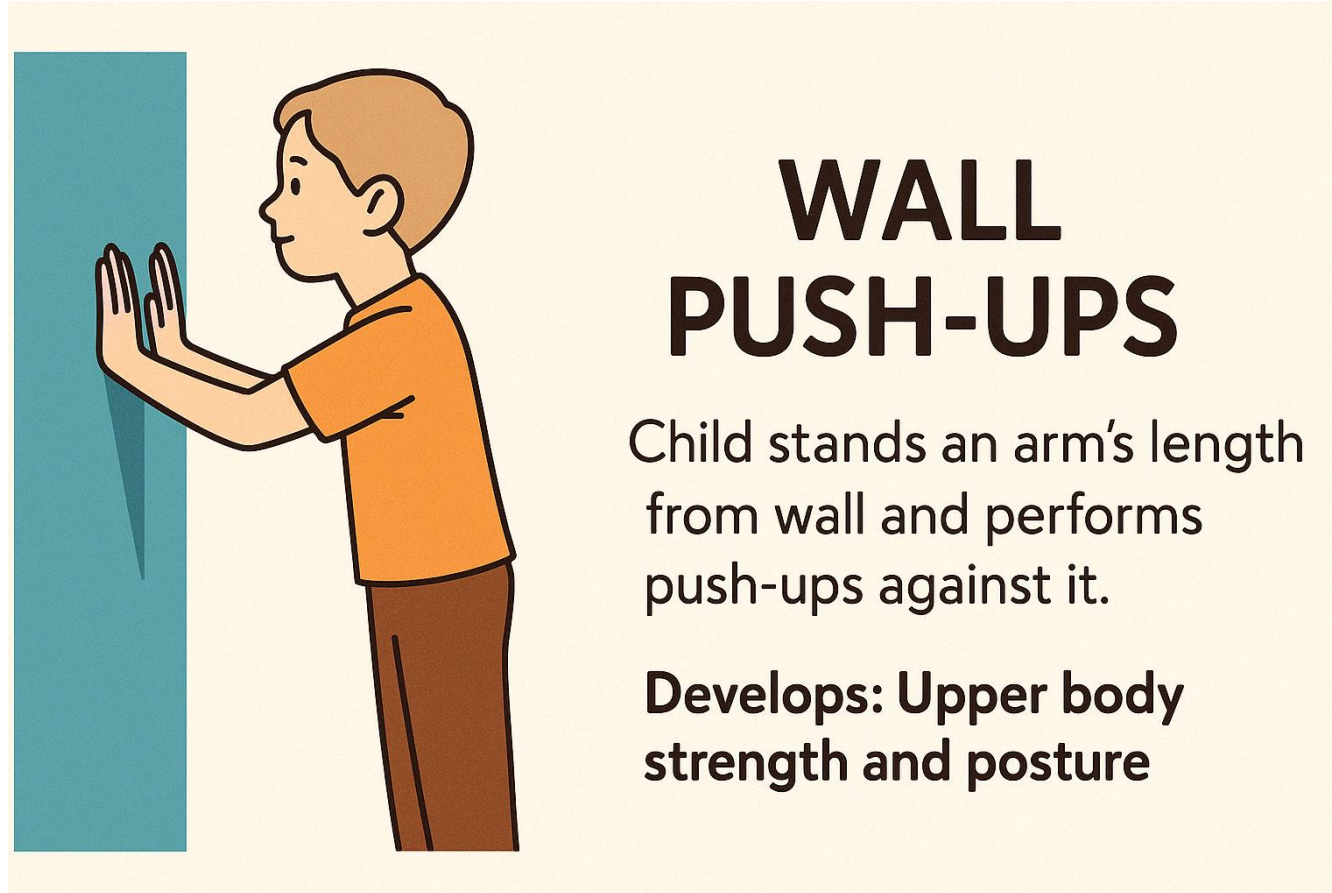
DEVELOPS:

Precision, bilateral
coordination, and hand-
eye coordination



Handwriting Exercises

5.) Top 3 Activities for Gross Motor Skills Development



Handwriting Exercises

Top 3 Activities for Gross Motor Skills Development

Animal Walks



Bear walk, crab walk, frog jumps

Develops: Full-body coordination, strength,
and crossing the midline



Handwriting Exercises

Top 3 Activities for Gross Motor Skills Development

CROSS-CRAWLS

While standing, children touch their right elbow to left knee and vice versa in a rhythmic pattern.

Develops: Midline crossing and brain-body integration





Correcting Pencil Grip

1. Put two "eyes" on the pen.
2. Put "glasses" on the thumb and index finger.
3. Put the middle finger under the pen.
4. Let the learner hold a little tissue with the ring finger and pinky.



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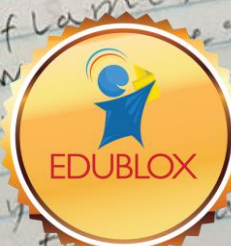
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