



ALL ABOUT SPEECH & LANGUAGE

TOP 10 OCCUPATIONAL THERAPISTS' (OT) LIST FOR: PRE-HANDWRITING EXERCISES

Handwriting is only possible with an adequate core and shoulder strength. A stable core provides a base of support to develop shoulder, elbow, wrist, and finger movements. Below are some activities to improve core and upper body strength.

1. Animal walks – Have your child imitate different animals, from a bear to a snake.
2. Playing on all fours – Have your child weight bear through both hands and knees while playing a game, puzzle, etc.
3. Wheelbarrow walks - Have your child place their hands on the floor while you hold their feet. See how far they can walk on their hands. Or play a wheelbarrow relay race.

Now that we have worked on building strength in your child's larger muscles, now it's time to focus on the smaller muscles in their hands. They need adequate strength in their hands, wrist, and forearms to hold a crayon and pencil properly. Below are some activities to improve hand, wrist, and forearm strength.

4. Play-Doh – Hide small beads or beans in the play-doh. While your child holds the play-doh in one hand, have them search for the hidden items with the other.
5. Whole puncher- Use a whole punch to punch out holes in crafts.
6. Tearing paper – Position both of your child's hands at the top of the paper with their thumbs facing them to start the process to tear the paper. After tearing paper, glue ripped paper to make a simple shape, rainbow, or smiley face to create a mosaic.
7. Bubble Wrap – Have your child pop the bubbles using alternating fingers (i.e., thumbs and index finger, then thumb and middle finger, etc.).
8. Clothespins- Write your child's name, numbers, or colored items on clothespins and have them clip it to a paper plate, cardboard paper, or laminated card.



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9. Stickers – Have your child pull stickers from a sticker book and align construction paper with lines or shapes.

10. Lacing – Find an old shoestring and have your child lace beads, pasta noodles, or cut up your old pool noodle into smaller pieces and lace it onto the shoestring.

All About Speech & Language:

Occupational Therapy is key in building foundational skills necessary for the development of speech and language.

[CONTACT US TO LEARN MORE](#)

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