

# Fine & Gross Motor Activity

## **Handwriting and Postural Stability**

April 27, 2020





# Handwriting and Postural Stability

Lesson: [April 27, 2020]

**Learning Target:**

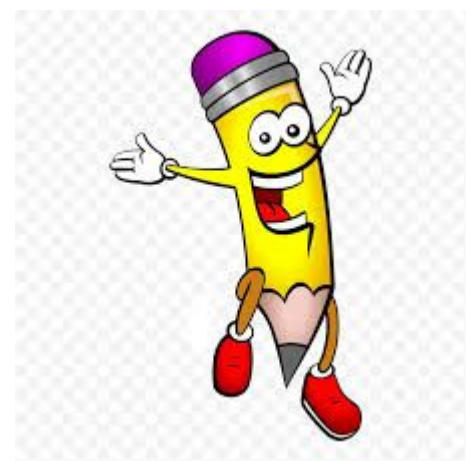
**Improve handwriting mechanics**

**Increase strength in neck, shoulder girdle and trunk muscles to improve stability when sitting.**





# Handwriting



- Pencil control and good habits make handwriting easier.
- See previous lesson for tips on how to improve pencil control.
- **Strong** stabilizer muscles are necessary in the **neck, shoulders, trunk, and legs** to maintain stability of the body for successful writing.
- Take sensory breaks if your child is getting tired or frustrated. Use this break to work on stabilizer exercises to increase strength while offering a sensory break at the same time. Also, start with a stabilizer exercise to get the brain ready.

# The “Write” Way

## Things to do!

- Sitting up straight is important.



Feet on the floor or on a stool.



- Writing takes 2 hands!  
Use your helper hand to keep your paper from moving.
- Start at the top and move left to right when forming your letters.

## Things **not** to do!

- Laying on the table or desk
- Propping your chin/head on your helping hand



- Starting your letters at the bottom and moving right to left

# Stabilizer Exercises

Let's start moving!

Laundry basket push, This is a great, short workout to get your brain and body ready to work on handwriting. It will ready your child for the handwriting activity while strengthening the muscles needed to stabilize the body when sitting.

Ball crawl up the wall This exercise will strengthen stabilizer muscles, wrists and fingers, and provide a brain break!



# YOGA



Let's get moving with **3** fun yoga poses to strengthen all those muscles we use for stability so we can have great handwriting! Remember, in order to be successful writing, your body has to be strong enough to support good posture. Do your best, but don't worry if they aren't perfect, and ask for help if you need some!

**READY, SET, YOGA!**

**CAT/COW**

**BEAR WALK**

**CRAB WALKS**



Don't forget to **HAVE FUN!**

Take breaks from **HANDWRITING**  
Before frustration sets in.

Use the **STRENGTHENING** activities as a  
**BREAK** for your child. Remember to encourage  
effort, help your child if needed, and join in  
yourself!



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