



## **Supporting Muscle Development for Writing**

*Perceptual motor skills in addition to loco motor skills play an essential role in a child's development of writing. While every child's needs are different, the following are strategies and ideas that teachers can try to facilitate the development of these necessary skills. (PLF 2010, 59)*

### **👍 To facilitate Proprioception Development try:**

- Have children wake their bodies up by massaging their arms
- Have children wake their bodies up by tickling their arms, legs, and head
- Have children do the same activity with different material weights such as tossing bean bags that weigh different weights

### **👍 To facilitate Tactile Discrimination Development try:**

- Mixing finger paint with salt or glitter
- Hiding crayons in sand and inviting children to choose a crayon before writing
- Hiding puzzle pieces in beans and inviting children to reach in and grab the pieces before completing the puzzle
- Providing different types of paper such as sand paper and wax paper for children to experience.

### **👍 To facilitate Visual Perception Development try:**

- Outlining the edges of paper, letters, or puzzle pieces with Elmer's glue
- Cover a table in a contrasting background (usually a dark color)
- Inviting children to explore letters on a board light
- Inviting children to explore letters that have dimension



**👍 To facilitate Posture Development try:**

- Inviting children to stand while participating in table activities
- Inviting children to change positions while sitting on the floor frequently
- Providing table easels for children to draw and write with while sitting in a chair with their feet flat on the floor.
- Inviting children to practice balancing objects on their heads
- Providing obstacle courses that require movement from a standing to sitting, kneeling, or crawling position

**👍 To facilitate Core Muscle Development try:**

- Inviting children to sit - straddling a chair backwards - while they write
- Inviting children to play write or draw while laying stomach down on the floor
- Inviting children to play balance games including walking on a line or a skinny beam
- Inviting children to play with hula hoops
- Inviting children to play movement games that require balance such as the “Hokey-Pokey”
- Inviting children to play games that require stabilization and movement from the floor to their feet, such as tracing their friend’s bodies.

**👍 To facilitate shoulder Muscle Development try:**

- Inviting children to paint with on a vertical surface such as a fence or easel
- Providing equipment that require pushing and pulling, such as toy wagon.
- Providing equipment that requires scooping and pouring such as sand, water, or gravel.
- Inviting children to play games involving throwing, catching and rolling a ball

**👍 To facilitate grip Development try:**

- Providing materials that require pinching such as tongs, chopsticks, and tweezers.
- Inviting children to participate in activities that require pincer grasp, such as beading, gluing small objects, or peeling stickers.
- Inviting children to participate in activities that require squeezing such as using glue bottles, kneading playdoh, or wringing out wet washcloths.