

20 Activities to Improve Pre-Writing Skills

1. Wheelbarrow walking - child's hands are on floor, pick up feet and "walk" child on their hands.

2. Pouring from small pitcher to a clearly marked level in a clear glass. Increase size of pitcher as strength increases.

3. Rope turning/jump rope.

4. Slinky-shift back and forth between hands, with palms up.

5. Volleyball-type activities where hands, paddles, or rackets are in palm-up position. (Balloon volleyball is a great one for inside play.)

6. Floor activities - large mural painting, floor puzzles, colouring when lying on stomach on floor, propped up on elbows.

7. Play finger tap - tap the fingers on the thumb from index finger to pinkie and back!

8. Clothespins/pinching. Put letters on clothespins and spell words by clipping on edge of shoe box. Use a clothespin to do finger "push-ups" by using the pads of the thumb and index finger to open a clothespin and count repetitions.

9. Bead stringing/lacing with tip of finger against thumb.

10. 'Write' using finger in shaving foam/sand/rice...

11. Squirrel objects into palm (pick up with index finger and thumb, move into palm without using the other hand).

12. Squirt bottles.

13. Use tongs/tweezers to pick up blocks/pom-poms/cotton balls etc....

14. Put coins into a piggy bank or slot cut in a plastic lid. Coins can also be put into slots cut in foam.

15. Finger plays/string games such as Cat's Cradle.

16. Screw/unscrew lids.

17. Squeeze sponges to wash off table, clean windows, shower, etc.

18. Playdough/silly putty activities.

19. Pop bubble wrap of different sizes.

20. Use a turkey baster or nasal aspirator to blow a cork or ping pong balls back and forth. These can also be used to squirt water to move floating object/toys.

