



PRE-WRITING SKILLS

Helpful strategies	Visual activities
<ul style="list-style-type: none">• The sensory channels which can be used for learning to write are:• Tactile channel i.e. sensation of touch.• Visual channel i.e. seeing.• Gustatory channel i.e. smelling.• Kinaesthetic channel i.e. Sensation of movement (proprioception).• We have included some suggestions to try and increase the multi sensory emphasis. Focus on these shapes when using the strategies with a child:• O / I Δ + X	<ul style="list-style-type: none">• Writing on coloured paper or black paper using silver or gel pens.• Use aluminium foil to write on or construct the shapes and letters.• Use different types of paper.• Use special painting books where with a wet finger the colour appears by magic.• Rainbow letters on to piece of paper or chalkboard. Using a variety of colours draw the large letter and then copy over it and make a rainbow.
	Smell activities
	<ul style="list-style-type: none">• Writing with scented markers.• Add scented oil or essences to finger paints to make it smell.• Use scented lotion for finger painting.
Tactile activities	Proprioceptive activities
<ul style="list-style-type: none">• Draw letters with the index finger in sand, paint or shaving foam.• Practise writing the letters in	<ul style="list-style-type: none">• These activities would stimulate the joint• muscles and provide feedback to the child's brain regarding the



the air.

- Trace letters or simple pre-writing shapes on child's back and let them guess the letter you have drawn.
- Practise writing the letters with their eyes shut as well as open.
- Write on paper that is hanging on the wall and develop whole arm movements to formulate a pattern.
- Draw using crayons, chalk, pencils and pens and focus on the different feels of the writing when doing it.
- Use chalks to draw on the pavement

movement they are making. They incorporate weight or resistance to the movement.

- Use a weighted brush to paint with or a heavy pencil.
- Use a rolled-up magazine as a wand to draw the letter in the air using both hands.
- Use light wrist weights.
- Use a vibrating, light up pen, or other fun type pen. Many can be sources in high street shops or online.
- Draw on paper placed over sand paper or a textured surface to give a 'bumpy' feeling about how the pencil is moving.