



Activities to Promote Handwriting Skills

ALP-Charlotte designed these fun and interactive activities to build handwriting skills. Handwriting supports reading and spelling. For more about us and the students we serve, visit www.alpcharlotte.org.

General

- Encourage children to participate in sports and games that could improve visual, motor, and coordination skills, such as playing ball, jacks, marbles, and outdoor sports.
- Require children and teens to use silverware when eating to develop hand grip.
- Encourage writing handwritten letters to grandparents and friends.

Specific Games that Help Build the Upper Body and Hands in Preparation for Handwriting

- Painting with water on the sidewalk
- Wheelbarrow walking
- Crab walking
- Freeze tag which requires you to maintain one position for a long period of time
- Donkey kicks
- Hanging on a trapeze
- Pushing/pulling a cart with heavy objects inside
- Games with dice
- Cutting playdough with age appropriate scissors
- Cutting pie dough or pizza with age appropriate scissors
- Putting coins in a slot (i.e., piggy bank)
- Painting on a vertical surface
- Painting on an easel
- Drawing on a blackboard
- Closing/opening zip lock bags
- Pick-up-sticks game using chop sticks, or Q-tips.
- Play dough activities that involve pinching
- Songs that require finger spelling and/or sign language
- Spray bottles during water play
- Play a standard board game but use tongs to move your piece on the board