

# SARASOTA COUNTY SCHOOLS

## BEFORE YOU ASK THE OT

- Interventions and strategies to use BEFORE requesting an OT observation or referral for OT Screening or OT Evaluation.
- Interventions and strategies need to be tried with fidelity for a minimum of two weeks.
- Remember to document outcomes.

## TOPIC: HANDWRITING - ELEMENTARY GRADES

### PRE-REQUISITES TO GOOD HANDWRITING

#### 1. PROPER FITTING of CHAIR, DESK, STUDENT



#### 2. HAND and FINGER WARM UPS.

There are MANY – some examples below.

<https://www.youtube.com/watch?v=LMRiqnbeRV0>;


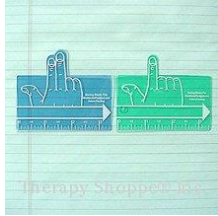
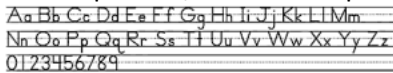
[https://www.youtube.com/watch?v=bj9W5\\_bAVk0](https://www.youtube.com/watch?v=bj9W5_bAVk0)




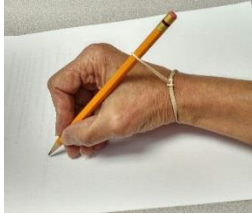


<http://www.growinghandsonkids.com/handwriting-warm-up-activities-for-kids.html>


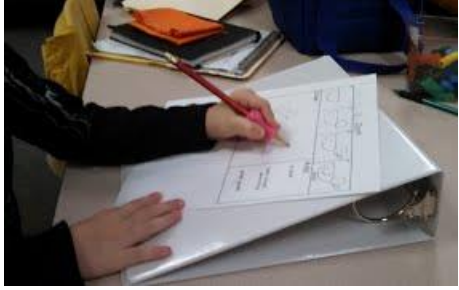

#### 3. STUDENT REVIEWS EXPECTATIONS AND CRITIQUES AFTER

“Handwriting Bookmarks” from [www.yourtherapysource.com](http://www.yourtherapysource.com)

First Grade handwriting checklist from [www.hwtears.com](http://www.hwtears.com)

IF YOU SEE	TRY THIS	EXAMPLES TOOLS TO USE (NOT TOYS)
POOR POSTURE	<ul style="list-style-type: none"> <li>• Chair rubber band</li> <li>• Disc cushion on seat or back</li> <li>• T stool</li> <li>• Wobble stool</li> </ul>	Seat cushion 
POOR SPACING	<ul style="list-style-type: none"> <li>• Model copying with exaggerated spaces</li> <li>• Use paper that promotes spacing or use additional sheet of paper</li> <li>• Use Finger as spacer, popsicle sticks</li> <li>• Underline each word to reinforce concept</li> <li>• Make marker slashes between words</li> <li>• Use graph paper: one letter per box and box for space</li> </ul>	Finger spacers from Therapysnoppe.com 
LETTER/NUMBER REVERSALS	<ul style="list-style-type: none"> <li>• Provide letter template (model) on desk</li> <li>• Remind students to look at the clock for all numbers; and Z starts like a 7</li> </ul>	Desk Alphabet / Number strip 

	<ul style="list-style-type: none"> <li>• Make a sticker for the desk with the proper facing letter.</li> <li>• Teach letters in groups ex.(c o a d g s) (r m n h b p)</li> <li>• Pinterest for b d reversal remediation ideas</li> <li>• ActivBd Flip Chart – see your school OT</li> </ul>	
<p>AWKWARD PENCIL GRASP</p>	<ul style="list-style-type: none"> <li>• Does it need to change? Most research indicates grasp does not influence legibility: <a href="http://theanonymousot.com/2013/03/22/w hen-to-fix-a-pencil-grasp/">http://theanonymousot.com/2013/03/22/w hen-to-fix-a-pencil-grasp/</a></li> <li>• Other research summary: difficult to change grip after 7 years of age, no need to change if writing product is acceptable</li> <li>• 4<sup>th</sup> and 5<sup>th</sup> finger holds small item in palm ex. (penny, pompom, eraser)</li> <li>• Pencil between index and long (adaptive grasp)</li> </ul>  <ul style="list-style-type: none"> <li>• Homemade “handiwriter” using latex free rubber band</li> <li>• Adaptive holders: foam egg, ball with elastic, twist n write</li> <li>• Slant / incline board for better wrist position to help grasp</li> </ul>	<p>Clothespin gripper</p>  <p>Commercial Handi-writer</p>  <p>Homemade Handi-writer</p>  <p>Twist N Write</p> 
<p>POOR LINE USE</p>	<ul style="list-style-type: none"> <li>• Teach letter line position differences: tall (ex. h k l t), small (ex. a c s e), descender (ex. g j p y)</li> <li>• Highlight base line</li> <li>• Use paper with highlighted ½ spaces</li> <li>• Wikki stix for letters that rest on line</li> <li>• Skip lines</li> <li>• Use paper with different line widths – either wider or narrower</li> </ul>	<p>Highlighted half space</p> 
<p>TOO MUCH PRESSURE/ WRITES TOO DARK</p>	<ul style="list-style-type: none"> <li>• Try different writing tool: marker, 9mm mechanical pencil, fatter lead pencils</li> <li>• Try different surface under paper (sandpaper, foam piece)</li> </ul>	<p>9mm mechanical pencil</p>

	<ul style="list-style-type: none"> <li>• Slant / incline board for better wrist position to help normalize pressure</li> </ul>																																	
TOO LITTLE PRESSURE/ WRITES TOO LIGHTLY	<ul style="list-style-type: none"> <li>• Input to wrist and arm muscles prior to writing: ex chair push ups</li> <li>• Try different writing tool: marker, 9mm mechanical pencil, fatter lead pencils</li> <li>• Try different surface under paper (sandpaper, foam piece)</li> <li>• Slant / incline board for better wrist position to help normalize pressure</li> </ul>	<p>Slant / incline board using 3 ring binder</p> 																																
WRITES TOO FAST and IS ILLEGIBLE	<ul style="list-style-type: none"> <li>• Graph paper one letter per box</li> <li>• Student checklist</li> </ul>	<p>Graph / grid paper</p> <table border="1" data-bbox="1003 751 1328 898"> <tr> <td>T</td><td>h</td><td>e</td><td></td><td>t</td><td>r</td><td>e</td><td>e</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>i</td><td>s</td><td></td><td></td><td>g</td><td>r</td><td>e</td><td>e</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>.</td> </tr> </table>	T	h	e		t	r	e	e									i	s			g	r	e	e								.
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STILL HAS PROBLEMS DESPITE INTERVENTIONS (minimum of 2 weeks trial)	<ul style="list-style-type: none"> <li>• Make sure interventions in place daily with fidelity for at least 2 weeks</li> <li>• Keyboard</li> </ul>	<p>Keyboard</p> 																																

**OTHER HANDWRITING RESOURCES**

Pinterest ideas especially for b d reversals

[https://www.pinterest.com/search/pins/?rs=ac&len=2&q=b+d+letter+reversal&term\\_meta%5B%5D=b%7Cautocomple e%7C1&term\\_meta%5B%5D=d%7Cautocomplete%7C1&term\\_meta%5B%5D=letter%7Cautocomplete%7C1&term\\_meta%5B%5D=reversal%7Cautocomplete%7C1](https://www.pinterest.com/search/pins/?rs=ac&len=2&q=b+d+letter+reversal&term_meta%5B%5D=b%7Cautocomple e%7C1&term_meta%5B%5D=d%7Cautocomplete%7C1&term_meta%5B%5D=letter%7Cautocomplete%7C1&term_meta%5B%5D=reversal%7Cautocomplete%7C1)

**WAKE COUNTY**

<https://sites.google.com/a/wcps.net/wcpsot/handwriting-skills---cs>