

### **Sharing Best Practice Port Fairy** 27th April 2024



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(Specific Learning Difficulties) B.Ed (ECE) / B.Sc (OT)

https://riseliteracy.com.au/sbp-handwriting/

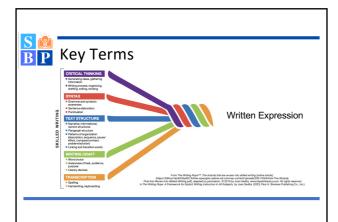
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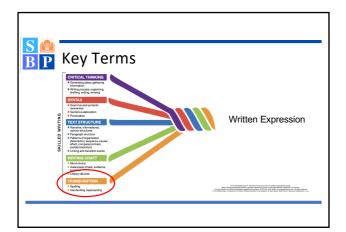
Session 1: The complexities of handwriting – it's not just about pencil grip.

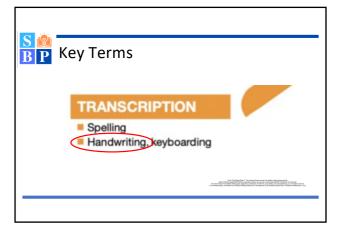


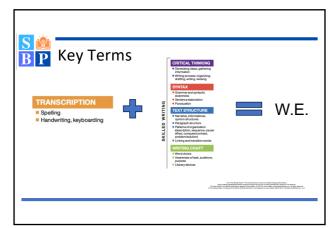
- Core elements of handwriting
- Pencils and pencil grips
- Handwriting intervention session
- Graded dictation (and demo if time)

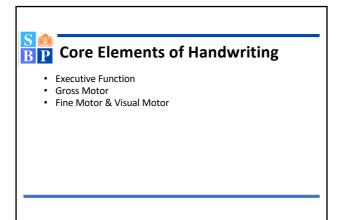


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## **BP** Executive Function

#### What:

- Cognitive processes that enable the planning, initiation and execution of goal-directed behaviour
- Effective problem-solving and flexible thinking

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# S P Executive Function

### Relation to Handwriting:

- Task initiation (getting started)
- Preparation of materials and workspace
- Time management

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### **BP** Executive Function

### Strategies:

- · Think Cognitive Load!
- Self-regulation / arousal
- Graded prompts, low variability workspace and routine
- Graded writing worksheets



#### What:

- Gross motor skills involve the large muscles (prime movers) of the body and their coordinated movements that allow a person to run, jump, skip
- Also includes trunk (core) stability = back extensors and abdominal muscles

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### **BP** Gross Motor

#### Relation to Handwriting:

- Trunk (core) stability is critical for maintaining posture
- Poor posture often leads to fatigue  $\rightarrow$  dysregulation  $\rightarrow$ decreased EF
- Upper limb coordination (scapulohumeral rhythm)  $\rightarrow$  fluent movement of wrist/hand across the page. Proper pencil
- Overall impaired GM can reduce handwriting speed and smoothness

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### **BP** Gross Motor

- Games and activities to promote gross motor control, balance and core strength
- Writing on vertical surfaces (e.g. vertical whiteboards)
- Ensure proper sized seating
- Regular breaks when writing, especially in the early years



### **BP** Fine Motor & Visual Motor

#### What:

- Fine motor skills involve the small muscles (30) of the wrist, hand and fingers to perform delicate and often complex tasks
- · Visual motor function refers to the ability to coordinate visual information with motor output

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### **BP** Fine Motor & Visual Motor

#### Relation to Handwriting:

- Inefficient visual-motor integration is associated with poor spatial relationships between letters and reduced fluency
- Poor pencil grip and control → difficulty with letter formation and legibility → decreased writing speed
- Increased Fatigue  $\rightarrow$  dysregulation  $\rightarrow$  decreased EF

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### **BP** Fine Motor & Visual Motor

### Strategies:

- Reduce visual clutter both on source space and the target writing space
- Games and activities to promote fine motor control, strength, coordination, dexterity etc.
- Triangular pencils or pencil grips



## BP Word Level Spelling

#### What:

• Word-level spelling refers to the ability to encode phonological and orthographic features of words used to generate written text

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### BP Word Level Spelling

### Relation to Handwriting:

- Orthographic difficulties often lead to uneven production of letters and words → reduced
- Poor spelling can create a 'road block' for the rest of the written expression process

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### BP Word Level Spelling

### Strategies:

- Explicit instruction in word level spelling e.g. phonics, morphology, etymology
- Dictation



## **BP** Pencils & pencil grips

- Triangular grip
- Thick triangular
- The Pencil Grip
- Cross Over Grip
- Grotto Grip

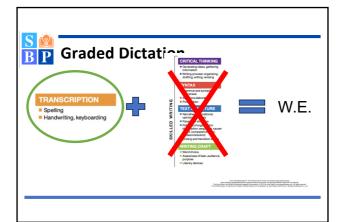
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# BP Intervention Session

- Mindfulness / Relaxation / Breath Work (EF)
- Gross Motor
- · Fine Motor
- · Letter formation instruction & practice
- Word writing practice
- Dictation

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## **BP** Graded Dictation

- Possible examples of graded dictation:

  Level 1 Trace target/key words. HFW provided as solid font.

  Level 2 Trace ALL words.

  Level 3 Write target/key words. HFW provided as solid font.

  Level 4 Write ALL words.

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