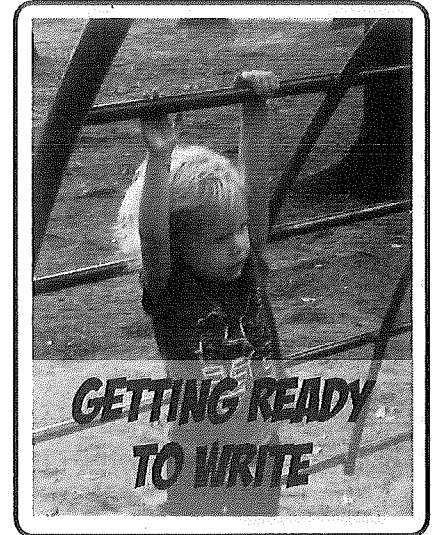


10 Fun Activities to Help Get the Hands Ready to Write

The skills that are necessary for handwriting start long before the actual pencil hits the paper. Here are 10 activities to get the hands prepared to learn how to form letters:



1. **Animal walks:** Pretend to walk around the room like a bear, crab, dog, cat, lion, etc. Any animal where the hands are in contact with the floor.
2. **Play with play dough** or knead bread dough.
3. **Use spray bottles** to water plants or to spray each other on a hot day.
4. **Play on playground equipment:** climb up ladders, jungle gyms and do the monkey bars.
5. **Paper shredder:** Ask the child to be your paper shredder. See if they can rip the paper up into small pieces.
6. **Play paper toss:** Rip a piece of paper in half. Crumple it up using only one hand. Try to throw it in the garbage can. Score!
7. **Play games that use small pieces to work on fine motor skills:** Play games that require the child to pick up small pieces i.e. bingo chips, marbles, pegs, cards, etc.
8. **Build with small blocks:** Play with Legos or other small building blocks.
9. **Create craft projects:** Make a collage on paper. Cut 1 to 2" paper strips into small pieces. Use liquid glue to help strengthen the hands while squeezing it. Try stringing beads to make a bracelet.
10. **Clothes Pin activities:** The child can wash doll clothes or wash clothes and hang them up to dry pinching the clothes pin open.