

Handwriting Resources and Materials

Resources for Handwriting programs:

Learning Without Tears, Handwriting Without Tears: www.lwtears.com

Size Matters Handwriting Program: www.realOTsolutions.com

First Strokes Handwriting Program: www.thehandwritingclinic.com

The Sensible Pencil: www.difflearn.com/products/sensible-pencil

Orton Gillingham: www.ortonacademy.org

Handwriting Specialists:

Heather York, Certified Handwriting Specialist, *Handwriting Without Tears*

In-person and Virtual tutoring available

scribblewritehandwriting@gmail.com



Dysgraphia Life, Professional Database:

www.dysgraphia.life/professionalsdatabase

Learning Without Tears, Handwriting Without Tears, Certified Specialist:

www.hwtcertification.com

Handwriting Activities and Gross Motor/Fine Motor Exercises

- Pick up small objects, i.e. jacks, beans, cotton balls with different sized tweezers or tongs
- Squeeze, roll, and form shapes out of playdough or putty
- Cutting activities, paper, craft foam, playdough
- Squeeze water out of a washcloth
- Bath toy squirt toys: squirt water or blow cotton balls with empty toys
- Flick paper balls across a table
- Pinch clothes pins: different sizes on index cards, boxes, cups
- Small objects in putty or playdough
- Stack dice or blocks

- Crumble paper into a ball with only one hand
 - Shoot rubber bands
 - Knead bread or stir dough
 - Hole punch on paper
 - Lock and unlock ziploc bags
 - Screw and unscrew nuts/bolts
 - Build with legos, magnet blocks
 - Cut tennis ball with “mouth”, squeeze to pick up items
 - Pop bubble wrap
 - Push pegs into styrofoam
 - Eye dropper to paint a picture
 - String beads on pipe cleaners
 - Coloring with small crayons or colored chalk
 - Writing on mouse pads or crochet cards, sandpaper, foil
 - Mechanical pencils for kids that write with too much pressure
 - Spinning tops
 - Tracing activities
 - Coloring on the floor
 - Crab walking
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- Use slant board
 - Short or small pencils
 - Work on vertical surface
 - Lined paper
 - Graph paper
 - Ink-line tools
 - Chalkboards
 - Magnet boards
 - Wood pieces
 - Foot stools and seat cushions
 - Assorted pencil grips

Heather’s Amazon Storefront: [scribblewrite-20](#).

As an Amazon affiliate, Heather receives a commission from qualifying purchases.