

How to improve handwriting

Core stability

Caterpillar

Walk feet forward towards hands; hands remain still and then walk away from feet; feet stay still.

Seal walk

With socks on, can children with feet turned under pull themselves along?

Tightrope walker

With a skipping rope on the ground, children walk heel to toe along it.

Challenge 1: balance a beanbag on their head. **Challenge 2:** change the shape of the rope on the floor.

Challenge 3: put something along the pathway that the child has to bend down and pick up.

Crab walk

Children walk on their hands and feet, with their tummy up to the ceiling. **Challenge 1:** can they carry a beanbag on their tummy? **Challenge 2:** can they kick a balloon around? **Challenge 3:** can they roll one hand and leg over without letting any knees or elbows touch the floor? **Challenge 4:** can they do a short obstacle course?

Chair leg-lifts

Children stand sideways behind a chair with their left hand resting lightly on the back of the chair. Can they slowly lift their left leg, keeping the knee bent until the hip is bent 90 degrees? Hold, and slowly lower the leg ALMOST to the ground, without touching the ground, and raise it again. Repeat once or twice (increasing repetitions as child's endurance increases). Then repeat on the other side. **Challenge 1:** can they let go with their hand and do the activity?

The Snake Charmer

Children lie on the floor, knees bent and feet flat on the floor and beanbag between their knees. Their hands should be on their thighs. As the snake charmer plays a tune on his flute, children lift their heads and slide their hands up to their knees and hiss (holding the position) until the signal to go back down slowly.

