

07.19.23 Region 10: After Dysgraphia Identification Resources
Laura Dowdy Northcutt, OTR

Links To Resources from Presentation

- [The Dyslexia Handbook 2021 Update](#)
- [Reading By Design](#)
- [Secondary Dysgraphia Considerations](#)
- [Typing.com](#)
- [QIAT Handwriting/Keyboarding Rate Info](#)
- <https://www.youtube.com/@LWTears/featured> & follow on twitter - @LWTears. Texas Rep - Deb Green, 832.221.1071, deb.green@lwtears.com
 - Many teachers also have searchable youtube videos of HWT songs and strategies
- [@LauraDowdyOT Youtube Videos](#) - old videos but some good strategies
- [3 Activities to Develop Functional Pencil Grasp](#)
- [5 Pencil Grips to support efficient pencil grasp](#)
- [Fine Motor Skills 101 from school-ot.com](#)
- [5 In Hand Manipulation Exercises](#)
- [10 OT Activities to Improve Finger Strength](#)
- Spelling - [Tap It Map It Graph It](#) - add close your eyes and visualize it
- William Van Cleve resources - <https://www.wvced.com/resources/> & Download on [Morphology Matters](#)
- [Wisconsin - Semantic Maps for Morphological Analysis](#)
- [HB 3928](#) - recent Texas legislation re: dyslexia
- <https://www.verywellmind.com/how-the-dying-art-of-handwriting-boosts-brain-activity-and-fine-motor-skills-5083814>
- <https://uwaterloo.ca/writing-and-communication-centre/blog/psychologically-speaking-your-brain-writing>
- [Danna J, Velay JL. Basic and supplementary sensory feedback in handwriting. Front Psychol. 2015 Feb 20;6:169. doi: 10.3389/fpsyg.2015.00169. PMID: 25750633; PMCID: PMC4335466.](#)
- <https://www.readingrockets.org/article/handwriting-club-using-sensory-integration-strategies-improve-handwriting>
- <https://pathways.org/what-is-the-proprioception-sense/>
- <https://www.wpsublish.com/tvps-4-test-of-visual-perception-skills-4th-edition>
- [Vision and Learning - Dowdy OT 2014](#)
- [The OT Toolbox: Motor Planning & Handwriting](#)
- [The Happy Handwriter: Midline Crossing & Handwriting](#)

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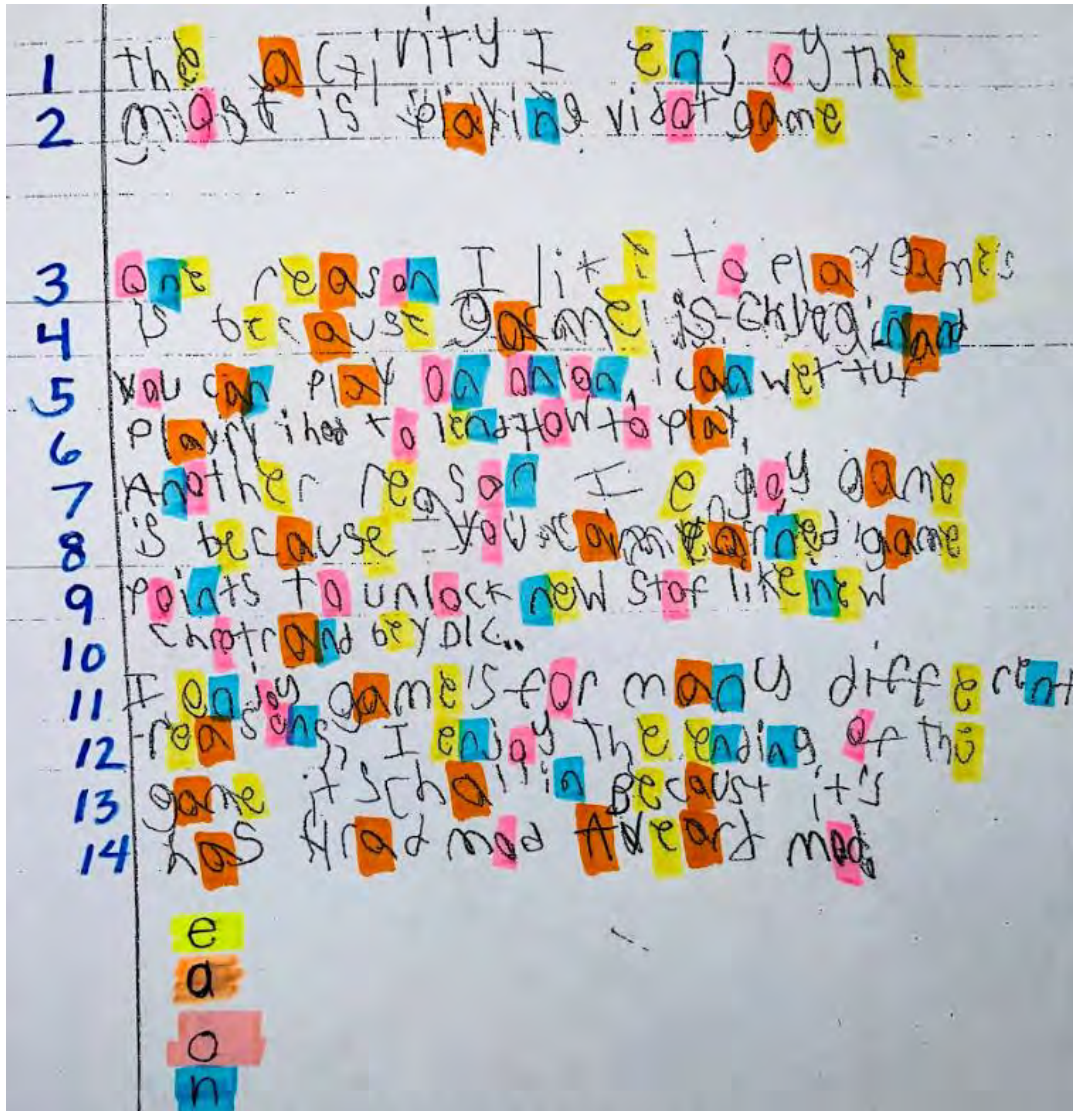
- [The Happy Handwriter: Midline Crossing - 5 Ways it Affects Handwriting](#)
- [The Happy Handwriter: Why is Bilateral Integration so Important for Handwriting?](#)
- [Pediatric Therapy Essentials: 3 Reasons Kids And Teens Need Strong Core Muscles](#)
- [The Inspired Treehouse: Prone Position 14 fun activities](#)
- [Little Hero Project 8 easy core exercises](#)
- [OT Mom Learning Activities: Why Wrist Extension is Important](#)
- [OT Toolbox: Separation of the Sides of the Hand](#)
- [OT Toolbox - Finger & Thumb Opposition](#)
- [OT Toolbox Open Webspaces](#)
- [Wells, Julie, OTR. \(2004\) In Hand Manipulation Skills](#)
- [The Print Tool \(LWT\)](#)
- <https://www.exploreplanetenglish.com/post/importance-of-posture-for-handwriting>
- <https://www.theottoolbox.com/what-is-a-functional-pencil-grasp/>
- <https://babysparks.com/2017/04/24/crawling-a-key-step-for-sensory-motor-integration-fine-motor-skills-oral-motor-development/>
- <https://www.allinahealth.org/healthyssetgo/care/does-my-baby-need-to-crawl>
- <https://www.miracle-recreation.com/blog/the-importance-of-climbing-for-children/#:~:text=Climbing%20also%20helps%20kids%20build,doors%20and%20using%20a%20pencil>
- <https://growplaymonkeybars.com/en-us/blogs/news/occupational-therapist-explains-the-benefits-of-monkey-bars-for-child-development>
- <https://youtu.be/smRHoJHgRao>
- <https://youtu.be/gkKD9NOXWIM>
- <https://youtu.be/IQ3g7G0iiTY>
- <https://www.buzzfeed.com/briangalindo/genx-sharing-bad-parenting-boomers-did>
- <https://www.lwtears.com/resources/letter-number-formation-charts>
- https://www.linkedin.com/pulse/striving-equality-equity-justice-reality-application-support-agbotta/?trk=public_post
- <https://www.callscotland.org.uk/downloads/posters-and-leaflets/>
- [Anisha Bellvin, Humble ISD AT Specialist Youtube Channel](#)
- Don Johnston Learning Academy - <https://learningtools.donjohnston.com/learning-academy/> - CoWriter and Snap&Read

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- Berninger, V. W. (2004). Understanding the "Graphia" in Developmental Dysgraphia: A Developmental Neuropsychological Perspective for Disorders in Producing Written Language. In D. Dewey & D. E. Tupper (Eds.), *Developmental motor disorders: A neuropsychological perspective* (pp. 328–350). The Guilford Press.
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- Williams, M.S., & Shellenberger, S. (1996). "How Does Your Engine Run?"® A leader's guide to the Alert Program®

Progress Monitoring - Analyzing classroom writing sample for targeted letters



- Count the total number of the targeted letter,
- Count the # of that letter that was legible outside of context = distinguishable from ANY other letter (LC, UC, print, cursive), number or symbol when viewed out of context
- determine % of discernible legible letters for that targeted letter

Motor Lab Activity Kit Items provided to our Humble ISD elementary campuses

Dysgraphia Kit Materials	Link
C-Line-Reusable-Dry-Erase-Pockets	Office Depot
S & E TEACHER'S EDITION 4" Golf Pencils, 160/Box	Amazon
Folding Slant Board for Writing - Small (14"W x 12"H) eSpecial Needs X 5	Amazon

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Home-X Wooden Clothespins. Set of 50.	Amazon
Basic Goods Pencil Pen Foam Egg Grips Ergonomic Writing Aid Trainer for Cushion and Comfort Handwriting Kids and Adults	Amazon
Darice 06121-2-021 Big Value Plastic, 9mm, 1000 Piece Opaque Color, Pony Beads	Amazon
INSPIRELLE 20 Colors 1mm Jewelry Making Beading Crafting Macrame Waxed Cotton Cord Thread, 10 Yards Each Color, Type B	Amazon
[100 Sets - 5.5 oz.] Plastic Cups with Lids, Clear Portion Cups	Amazon
School Specialty Grotto Grip Comfortable Large Pencil Grotto Grip Set, Set of 36, Assorted Colors, Item #: 022441	School Specialty
Baumgartens Twist'n Write Pencil, Assorted Color, Pack of 4, Item #:089122	School Specialty
Baumgartens Pencil Lead Refill for Penagain Twist 'n Write Pencil Item #:1384128	School Specialty
SENSORY4U Water Beads with Fine Motor Sensory Toys Set	Amazon
Coogam Wooden Tower Stacking Game, Fine Motor Skill Building Blocks	Amazon
Pencil Obstacle Bundle - License for each campus	Your Therapy Source
Firesara Original Pencil Grips for Kids Handwriting Ergonomic 5 Fingers Fixed Sets for Trainer Handwriting Posture Correction (3Pcs)	Amazon
Special Supplies Therapy Putty for Kids and Adults - Resistive Hand Exercise Stress Relief Therapy Putty Kit, Set of 6 Strengths, 3 Ounces of Each Putty	Amazon
Zelssi Pom Poms - [Pack of 2] 600 1 inch Pom Pom Balls + 200 Googly Eyes - Vibrant Assorted Pompoms for Crafts, Multi Colored Poms for DIY & Arts and Creative Crafts Projects & Decorations	Amazon
Darice 06121-2-021 Big Value Plastic, 9mm, 1000 Piece Opaque Color, Pony Beads	Amazon
Penn Championship Tennis Balls - Regular Duty Felt Pressurized Tennis Balls	Amazon
Coogam Wooden Geoboard Mathematical Manipulative Material Array Block Geo Board – with 30Pcs Pattern Cards and Latex Bands	Amazon
Learning Resources 3 Prong Tong, Pencil Grip Tongs, Sensory Bin, Fine Motor Toy, Set of 6, Ages 4+	Amazon
Learning Resources Squeezy Tweezers, Fine Motor Tools for Toddlers, Assorted Colors, Set of 6, Ages 3+	Amazon

Finger Exercises to Increase Strength and Dexterity





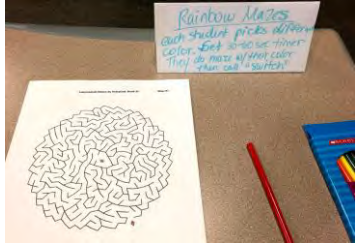
1. Spider push-ups: hold hands in front of you with palms facing each other. Match and touch left finger tips to right finger tips. Now open and shut fingers against each other.

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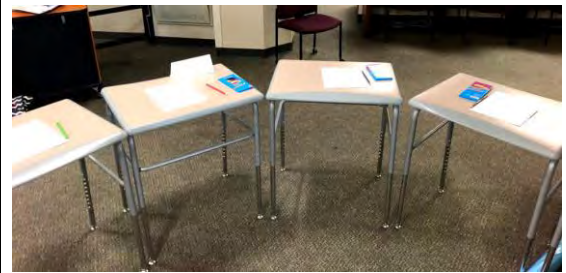
2. Finger stretch: put palms flat on table, fan out fingers, and then bring them back together.
3. Bend your thumb toward the bottom of your pinky. Spread the thumb far away from the index finger.
4. Place palm flat on a table. Raise and lower each finger one by one.
5. Hold hands up above table and tap each finger one at a time.
6. Crumple a piece of paper into a small ball, with one hand.
7. Make an “O” by touching your thumb to each fingertip
8. Chair push-ups: Grab the side of your chair and push your body up and down.
9. Wall push-ups: Put fingers on the wall, lean forward and then push away.

➤ *Make these exercises into games by adding a time component or having fun/being silly with it!*

Pictures of Fine Motor Friday Activity Stations

<p align="center">Dowel Practice Station - Diver Letters</p>		<p align="center">Gel Letter Practice</p>	
 <p>A photograph of a table setup for a 'Dowel Practice Station - Diver Letters'. It features a red container of modeling clay, a wooden dowel, and a card with the letters 'n', 'm', and 'm' written on it. There are also several small yellow and red containers on the table.</p>		 <p>Two photographs showing 'Gel Letter Practice'. The first shows a clear gel bag with a black letter 'h' inside. The second shows a clear gel bag with a black letter 'e' inside.</p>	
<p align="center">Rainbow Letter Practice</p>	<p align="center">Monster Mash Race</p>	<p align="center">Rainbow Maze Challenge</p>	
 <p>A photograph of a 'Rainbow Letter Practice' worksheet. It has a grid for writing and a box with dice. A box of 'Crayola' crayons is also visible.</p>	 <p>A photograph of a 'Monster Mash Race' activity. It shows a wooden table with several small toy figures and a small container of beads or marbles.</p>	 <p>A photograph of a 'Rainbow Maze Challenge' activity. It shows a circular maze on a piece of paper, a red pencil, and a box of crayons. A handwritten note on the paper reads: 'Rainbow Mazes each student picks different color. Get same or times they do maze w/ that color. Plan and execute.'</p>	

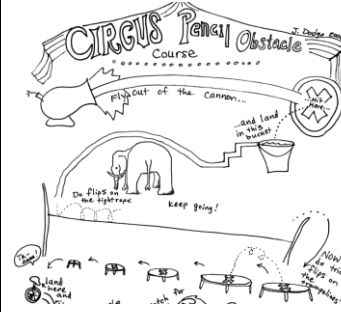
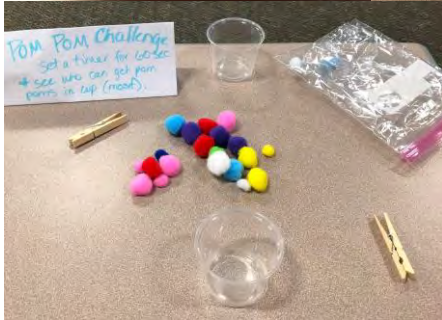
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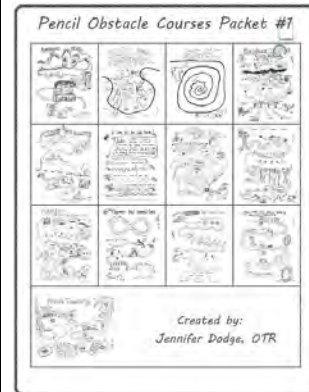
<https://krazydad.com/mazes/>

Minute to Win It Fine Motor Games

Tiny Pencil Challenge



<https://www.yourtherapysource.com/blog1/category/pencil-grasp/> - FREE DOWNLOAD



Available for purchase -

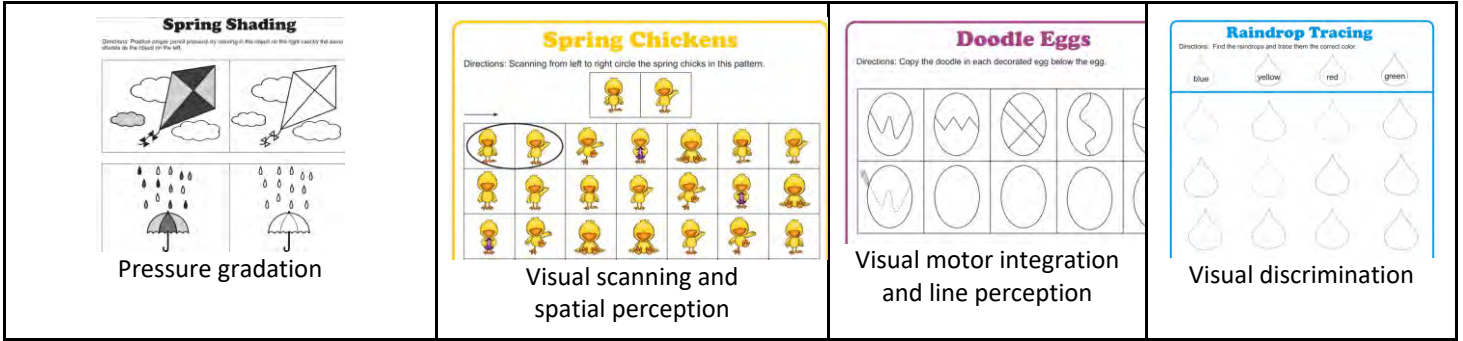
<https://www.yourtherapysource.com/product/pencil-control-bundle/>

<https://www.yourtherapysource.com/product/pencil-obstacle-courses-packet-1/>

Visual Perception and Visual Motor Challenges

<https://www.teacherspayteachers.com/Product/Spring-Visual-Perceptual-Puzzles-1737348>

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Activities to Improve Visual Motor Skills

- Work on grade level mazes. (might need to highlight path to begin with).
- Dot to dot designs.
- Write on vertical surface
- Throw bean bags into a hula hoop placed flat on the floor. Gradually increase distance.
- Play throw and catch with a ball. Start with a large ball and work toward a smaller ball. (Koosh balls are easier to catch than a tennis ball.) Use a small balloon for students with more difficulty - allows more time for motor planning and execution.
- Practice hitting bowling pins with a ball. (You can purchase these games or make your own with soda bottles and a small ball.)
- Play "Hit the Balloon" with a medium-sized balloon.
- Write letters in sand, putty, pudding, on carpet squares
- Write letters in glue on wax paper, let dry and peel off later

Links to Visual Motor Games and Activities

<http://www.krazydad.com/mazes/>

<http://www.kids-puzzles.com/>

<http://www.coloring.ws/connect.html>

http://www.activity-sheets.com/connect_dots/

<http://www.dottodots.net/>

<http://www.highlightskids.com/GamesandGiggles/HiddenPics/HIDDENPixFlashObjects/h8hpiArchive.asp>

<http://www.kids-puzzles.com/mainhide.html>

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<https://www.theottoolbox.com/virtual-visual-motor-room/>

<https://www.yourtherapysource.com/blog1/2019/07/31/visual-motor-activities/>

<https://sites.google.com/esu5.org/esu5homeot/visual-motor-activities>