

## Let's Do It Write: Writing Readiness

GAIL KUSHNIR  
OTR  
BED, MS OT

1

---

---

---

---

---

---

---

### Myths!

- \* You don't need to know how to write any more!
- \* If you have trouble writing go on to the computer!
- \* There is no need to change pencil grips!
- \* Write nicely!
- \* Look harder!
- \* If you read more you would have less spelling mistakes!
- \* Practice Makes Perfect!

2

---

---

---

---

---

---

---

### 3 Components of Handwriting

- Technical component
- Expression Component
- Emotional Component

3

---

---

---

---

---

---

---

Destination

- Skill
- Stamina
- Speed

4

---

---

---

---

---

---

---

Learning Process

- Input
- Processing
- Output

5

---

---

---

---

---

---

---

Learning Process

- Input: Exposure
- Processing: Identification  
Retrieval  
Self Check
- Output: Practice  
Automatic Retrieval

6

---

---

---

---

---

---

---

**GPS**

Different paths  
to the  
same destination

7

---

---

---

---

---

---

---

**3 Types of Children**

Can and Wants- proper exposure

Wants and cannot- proper exposure and adaptations

Can and does not want – success brings motivation

8

---

---

---

---

---

---

---

**Building the Foundation**

- Learning Readiness
- Gross Motor Skills
- Sensory Processing
- Fine Motor Skills
- Graphomotor Skills

9

---

---

---

---

---

---

---

### Neuroplasticity



10

---

---

---

---

---

---

---

### Learning Readiness

- I.Q.
- Concentration level
- Executive functions
- Motivation
- Supportive Environment

11

---

---

---

---

---

---

---

### ADHD and Prewriting Skills

- Neurologic Based?
- Sensory Based?
- Behavior Based?
- Emotionally Based?
- Poor Habits: sleep, nutrition...?

12

---

---

---

---

---

---

---

### Non Neurological Based Concentration Difficulty

- Sleep Deprivation
- Vitamin deficiency
- Vision Inaccuracy
- Hearing Difficulty
- Emotional Issues
- Non related medical problems i.e. ectopic dermatitis, allergies...
- Pin worms, lice etc.

---

---

---

---

---

---

---

---

13

### Practical Advice

Solve the precursor and not the symptom

Theraband on feet of chair

Toe and sole wiggling

---

---

---

---

---

---

---

---

14



---

---

---

---

---

---

---

---

15



16

---

---

---

---

---

---

---

**Gross Motor Skills**

---

**Skill:** Full ROM in Shoulder Girdle

**Stamina:** Proximal Stability  
Endurance

**Speed:** Motor Planning Skills  
Crossing Midline  
Internal rhythm  
Ability to perform a motor and cognitive task simultaneously

17

---

---

---

---

---

---

---



18

---

---

---

---

---

---

---



19

---

---

---

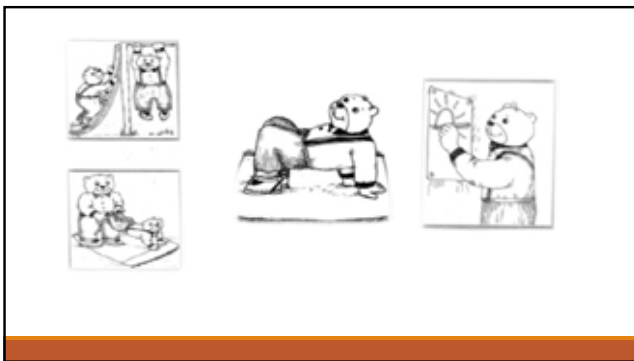
---

---

---

---

---



20

---

---

---

---

---

---

---

---

**Sensory Processing**

---

**Visual System:** accuracy, no medical issue, no astigmatism, eye teaming, Irlen

**Auditory System:** accuracy, processing, articulation

**Tactile System:** equilibrium, proprioception and kinesiologial balance

21

---

---

---

---

---

---

---

---



22

---

---

---

---

---

---

---

---

**Fine Motor Skills**

Hand dominance: wave goodbye, index finger warning, gesture "quiet", retrieve money from pocket, flip coins, make consecutive circles

Proper pencil grip

Pressure control

23

---

---

---

---

---

---

---

---



24

---

---

---

---

---

---

---

---





25

---

---

---

---

---

---

---

---



26

---

---

---

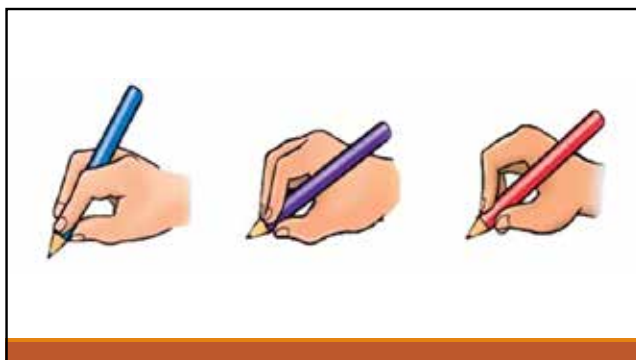
---

---

---

---

---



27

---

---

---

---

---

---

---

---

**Inefficient Grips** Mary Benbow



28

---

---

---

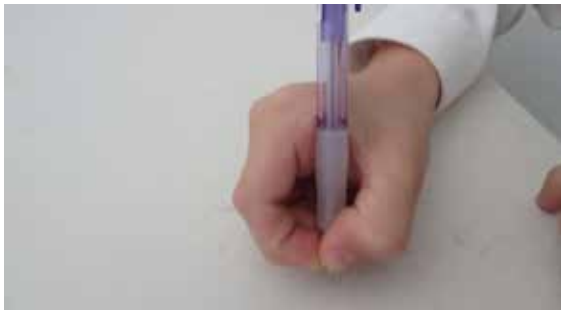
---

---

---

---

---



29

---

---

---

---

---

---

---

---



30

---

---

---

---

---

---

---

---

Handout for the Therapro webinar **Let's Do It Write! Writing Readiness**  
presented by Gail Kushnir, MA OT, B.Ed. - February 02, 2021



31

---

---

---

---

---

---

---

---



32

---

---

---

---

---

---

---

---

---

Once grip positions have been established, they  
are very difficult to change.

Benbow, M. (2006). Hand Function in the child: Foundations for remediation

33

---

---

---

---

---

---

---

---



34

---

---

---

---

---

---

---

---



35

---

---

---

---

---

---

---

---



36

---

---

---

---

---

---

---

---

## Paper

- Orientation on the page
- Angle of paper
- Positioning of letters on the line
- Size preparation

---

---

---

---

---

---

---

---

37

### Suggested Pencil Grip and Posture



---

---

---

---

---

---

---

---

38

## Basic line formation

- Vertical line
- Horizontal line
- Circle: clockwise and counter clockwise
- Diagonal lines
- Combinations

---

---

---

---

---

---

---

---

39

Spacing between words



40

---

---

---

---

---

---

---

---

Number Formation



41

---

---

---

---

---

---

---

---



42

---

---

---

---

---

---

---

---

Handout for the Therapro webinar **Let's Do It Write! Writing Readiness**  
presented by Gail Kushnir, MA OT, B.Ed. - February 02, 2021



43

---

---

---

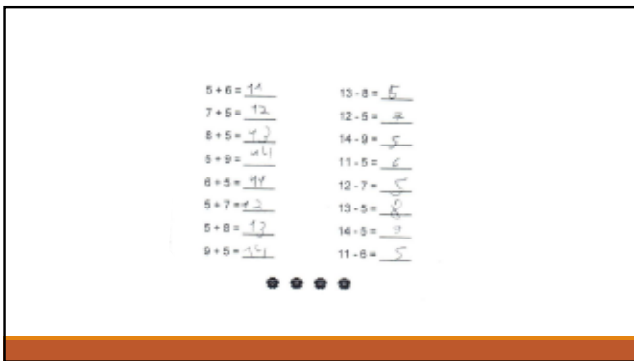
---

---

---

---

---



44

---

---

---

---

---

---

---

---



45

---

---

---

---

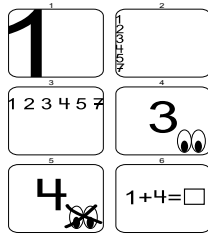
---

---

---

---

### Numeral Formation



---

---

---

---

---

---

---

46

### "8" Clockwise or Counterclockwise?

Draw a circle

Draw a head

Write the number "0"

Draw a sad face

---

---

---

---

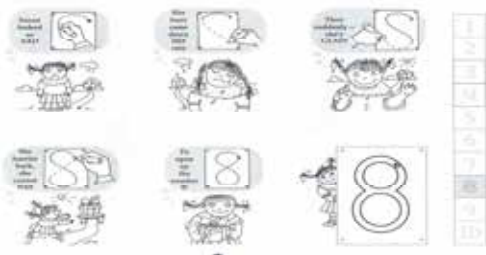
---

---

---

47

### SUEAN AND THE NUMBERS



---

---

---

---

---

---

---

48



### Numeral "6" and "9"



49

---

---

---

---

---

---

---

---

### Organization of School Supplies

- Organization of school bag
- Lunch box
- Water bottle
- Books
- Notebooks
- Pencil Case
- Sharpener, eraser, glue, scissors
- Self cleaning skills
- Responsibility
- Self Check

50

---

---

---

---

---

---

---

---

### First Grade!?!



51

---

---

---

---

---

---


---

---

Handout for the Therapro webinar **Let's Do It Write! Writing Readiness**  
presented by Gail Kushnir, MA OT, B.Ed. - February 02, 2021

\_\_\_\_\_

Gail Kushnir  
Occupational Therapist  
K6446061@gmail.com



---

---

---

---

---

---

---

