Perceptual motor skills, in addition to loco motor skills, play an essential role in a child’s development of writing. While every child’s needs are different, the following are strategies and ideas that teachers can try to facilitate the development of these necessary skills. PLF 2010, 59

**To facilitate proprioception development, try:**

* Having children wake their bodies up by massaging their arms
* Having children wake their bodies up by tickling their arms, legs, and head
* Having children do the same activity with different material weights (e.g., tossing bean bags that weigh different weights)

**To facilitate tactile discrimination development, try:**

* Mixing finger paint with salt or glitter
* Hiding crayons in sand and inviting children to choose a crayon before writing
* Hiding puzzle pieces in beans and inviting children to reach in and grab the pieces before completing the puzzle
* Providing different types of paper such a sand paper and wax paper for children to experience

**To facilitate visual perception development, try:**

* Outlining the edges of paper, letters, or puzzle pieces with Elmer’s glue
* Covering a table in a contrasting background (usually a dark color)
* Inviting children to explore letters on a board light
* Inviting children to explore letters that have dimension

**To facilitate posture development, try:**

* Inviting children to stand while participating in table activities
* Inviting children to change positions while sitting on the floor frequently
* Providing table easels for children to draw and write with while sitting in a chair with their feet flat on the floor
* Inviting children to practice balancing objects on their heads
* Providing obstacle courses that require movement from a standing to sitting, kneeling, or crawling position

**To facilitate core muscle development, try:**

* Inviting children to sit—straddling a chair backwards—while they write
* Inviting children to play, write, or draw while laying their stomachs down on the floor
* Inviting children to play balance games, including walking on a line or a skinny beam
* Inviting children to play with hula hoops
* Inviting children to play movement games that require balance such as “The Hokey-Pokey”
* Inviting children to play games that require stabilization and movement from the floor to their feet, such as tracing their friend’s bodies

 **To facilitate shoulder muscle development, try:**

* Inviting children to paint on a vertical surface such as a fence or easel
* Providing equipment that requires pushing and pulling, such as toy wagon
* Providing equipment that requires scooping and pouring, such as sand, water, or gravel
* Inviting children to play games involving throwing, catching, and rolling a ball

 **To facilitate grip development try**:

* Providing materials that require pinching, such as tongs, chopsticks, and tweezers
* Inviting children to participate in activities that require a pincer grasp, such as beading, gluing small objects, or peeling stickers
* Inviting children to participate in activities that require squeezing, such as using glue bottles, kneading playdoh, or wringing out wet wash cloths