



“Pencils and Utensils”

This course is for children ages 3-5 years
(Ages flexible to skill levels)

This course is designed to teach kids basic skills needed for writing including;

- Spot Coloring
- Tracing
- Basic Lines/Shapes
- Scissor skills
- Copying Letters/Name

A large portion of each session will be used to develop core skills needed for writing, such as:

- Crayon/Pencil grasp
- Upper extremity strengthening (hand, wrist, and shoulders)
- Bilateral coordination
- Visual Perceptual Skills
- Sensory Experiences

Each session will end with activity suggestions for home to further improve these skills!

"Learning Our Letters"

This is handwriting group focused towards 5-7 year olds

(Ages are very flexible to skill levels)

Each week will focus on one skill needed for writing; including:

Numbers

Letter formation for capital letters

Letter formation of lower case letters

Line placement for letters

Eliminating reversals

Handwriting is influenced by many factors so a large portion of each session will be spent participating in activities to improve:

Pencil Grip

Upper body strength (wrist, hand, and shoulder)

Bilateral coordination

Visual Perception

Sensory Integration

Each session will end with several activity suggestions to be worked on at home to further improve the skills addressed!

"Building with Letters"

This is handwriting group for ages 7-10

(Ages are very flexible to skill levels)

This course will focus on a new skill each session and will assist children in improving:

- Letter formation (capital and lowercase)

- Decreasing reversals

- Line placement of letters

- Spacing between letters/words

- Sentence Structure

Handwriting is influenced by many factors so a large portion of each session will be spent participating in activities to improve:

- Pencil Grip

- Upper body strength (wrist, hand, and shoulder)

- Bilateral coordination

- Visual Perception

- Sensory Integration

Each session will end with several activity suggestions to be worked on at home to further improve the skills addressed!

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