



# Tools and techniques for graph-motor skills



## Tool Description

Overview of tools and techniques to develop graph-motor skills and exercise the pre-writing.

## What is the challenge the tool can solve?

**Gross and fine motor exercises and multisensory techniques are fundamental to develop:**

- The visual-spatial capacity, with the objective of:
  - - identifying the shape of the letters;
  - - distinguishing similar shapes;
  - - organizing the writing space;
- The graph-motor capacity, with the objective of controlling:
  - - the drawing of the letter;
  - - the pressure of the hand on the writing instrument.

## What are the benefits for Dys persons?

The process of manual writing involves the development of various types of psychomotor skills and abilities. See the types of activities that are advisable to minimize or overcome difficulties.



## **Skills / Abilities**

### **GROSS MOTOR SKILLS**

Concept of the corporal  
scheme

Perception of directionality  
and laterality

Spatial and temporal  
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## **Activities**

**Stimulate motor activities in  
general with:**

- physical games;
- gymnastics and sports;
- dances and music.

Stimulate motor memory by  
writing letters and numbers in the  
air with large arm movements.

Also write smaller letters and  
numbers, moving only the hand or  
fingers.

**Stimulate fine motor activity  
with:**

- precision manual exercises;
- manipulation of small objects  
in exercises that appeal to  
imagination and creativity.
- Training the correct body  
posture.

## **Skills / Abilities**

### **MANUAL DEXTERITY**

Hold and manipulation of  
writing instruments

## **Activities**

To develop pictographic activities with different techniques of painting, drawing and modelling.

Try different types of brushes and writing instruments (thick and thin pencils, pens, markers, etc.).

Try types of grips. Exercise the ability to trace / draw.

### **VISUAL-MOTOR COORDINATION**

Use multisensory techniques to learn letters, numbers and shapes.

Stimulate visual memory through pictures with alphabet letters, numbers and syllabic families.

Use the calligraphy notebook, but not exhaustively. Use special ruled paper.

## Example of use in daily life

You can find several examples of exercises and activities on:

<https://www.understood.org/en/school-learning/partnering-with-childs-school/instructional-strategies/6-multisensory-techniques-for-teaching-handwriting>

And on:

<https://www.youtube.com/watch?v=9oHq-joy22w>

**Handwriting Without Tears** is a writing programme that gives explicit instruction on how to form letters using multisensory strategies. Letters are grouped by similar strokes using top-to-bottom, left-to-right sequencing. That way they get lots of practice doing the same beginning movement, which builds muscle memory.