

Guess The Message

This activity addresses core strength, shoulder strength and control, motor planning and letter formation. This activity can be done on any indoor surface type. For tiles, wooden floors or laminate, it might be good to roll up a towel to place underneath your child's knees to help cushion them from a harder surface.

1. Ask your child to write down words on a piece of paper, short words, they could be anything that they see in their immediate environment. This is to help give them an idea of where to start when they begin the activity.
2. Ask your child to sit in a tabletop position (see picture below), make sure to keep their back as straight as possible.



3. Give your child an object to hold in their writing hand. This might be a block, a sponge, a folded tea towel etc.
4. Using their writing hand, stabilising their body in the tabletop position, ask your child to write out one of the words they had written down. One letter at a time, making the letters as big as possible. Now try to guess what the word is that they're writing with their body.

Tips

- You can increase the difficulty of this activity by asking them to switch arms, supporting their body with their writing hand and using their non dominant hand to try and write out the letters to the words.
- If your child has a history of letter reversals (writing letters the wrong way) this is a good motor activity to help them to understand and practice the correct motor pattern to write those letters the correct way. By engaging the whole body to mimic the movements, it is another way of learning that can help increase the tactile (touch) feel and movement of creating a letter.