



GIG
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WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Develop Letter Formation Using Multi-Sensory Technique – Programme 1



Aim – To Develop Multisensory Skills for Letter Formation

THIS PROGRAMME SHOULD BE PRACTISED FOR 10 MINUTES ON A DAILY BASIS

Week 1

TASK	ACTIVITIES
Letters	Practice 'round letters' e.g. o, a, d, g, q using the following methods: <ul style="list-style-type: none">- Practice letters in shaving foam or squirty cream.- Practice letters using chalks on carpet squares.- Draw letters in a sand tray. At end of week practice the above letters on lined paper to help the child transfer and consolidate information into context.
Motor Planning Pincer Grip	Game of Connect 4

Week 2

TASK	ACTIVITIES
Letters	Practice 'round letters' e.g. o, a, d, g, q using the following methods: <ul style="list-style-type: none">- Practice letters using finger paint.- Practice letters using marble and template- Cut out letters in sandpaper or emboss wallpaper – encourage the child to trace around with his finger.- Draw letter in the air (see attached for details)
Motor Planning Pincer Grip	<ul style="list-style-type: none">- Cube design (copy block design pattern with cubes).- Simon says and mirror copying.

Week 3

TASK	ACTIVITIES
Letters	Practice 'curvy letters' e.g. c, s, f. <ul style="list-style-type: none">- Practice letters in sand tray, shaving foam, carpet squares, blackboard, roughened templates.
Motor Planning	<ul style="list-style-type: none">- obstacle course. Start with just 3 stages.

Week 4

TASK	ACTIVITIES
Letters	Practice 'curvy letters' e.g. c, s, f. <ul style="list-style-type: none">- Using marble and template (if available)- Practice letter with crayons/chalks on wall hung paper – using large movements or use pens on whiteboard.
Motor Planning	See attached hand strengthening programme.

Week 5

TASK	ACTIVITIES
Letters	Practice 'Down, Up and Over letters' e.g. r, p, b, h, n, m. <ul style="list-style-type: none">- Practice letters in shaving cream or foam, add resistance by adding e.g. sand, glitter, rice etc.
Motor Planning	See attached hand strengthening programme.

Week 6

TASK	ACTIVITIES
Letters	Practice 'Down, Up and Over letters' e.g. r, p, b, h, n, m. <ul style="list-style-type: none">- Practice letters using chalks on carpet squares.- Practice letters using finger paints.
Motor Planning	Ball Games (Bouncing, Throwing, Catching)

Week 7

TASK	ACTIVITIES
Letters	Practice 'Straight – down letters' e.g. t, i, l, j. <ul style="list-style-type: none">- Practice letters using a Rice Tray- Sentence on paper using these letters. E.g. Jenny opened the till.
Motor Planning	<ul style="list-style-type: none">- Angels in the snow.- Simon Says

Week 8

TASK	ACTIVITIES
Letters	Practice 'Straight – down letters' e.g. t, i, l, j. <ul style="list-style-type: none">- Practice letters with pencils on emboss paper.- Sentence on paper using these letters. E.g. Little John Jumped over the Ledge.
Motor Planning	Star Tracking (see attached)

Week 9

TASK	ACTIVITIES
Letters	Practice 'U Family letters' e.g. u, y, w, v. <ul style="list-style-type: none">- Practice letters with finger paints.- Sentence on paper using these letters. E.g. You and your friend won the yellow umbrella.
Motor Planning	<ul style="list-style-type: none">- Game of Dominoes- Jig Saws

Week 10

TASK	ACTIVITIES
Letters	Practice 'U Family letters' e.g. u, y, w, v. <ul style="list-style-type: none">- Practice letters on chalkboard.- Practice letters in shaving foam.- Sentence on paper using these letters. E.g. Yellow flowers cover the wall.
Motor Planning	<ul style="list-style-type: none">- Jumping over moving rope on floor.- Obstacle course – 5 stages.

Week 11

TASK	ACTIVITIES
Letters	Practice 'Strange letters' e.g. e, x, z. <ul style="list-style-type: none">- Draw letters in a sand tray.- Table – wipe drawing (see attached).
Motor Planning	Hop Scotch

Week 12

TASK	ACTIVITIES
Letters	Practice 'Strange letters' e.g. e, x, z. <ul style="list-style-type: none">- Practice letter with felt pens.- Stencil drawing (see attached)- Sentence on paper using these letters. E.g. My excellent pet zebra.
Motor Planning	<ul style="list-style-type: none">- Puzzles- Therapy Ball