

Multi-Sensory Activities

Multi-sensory activities are useful when learning to write letters. These activities incorporate the senses to help register and remember the correct formation of letters. See link for “Correct Formation of Letters” to practice proper strokes. When practicing upper-case letters, use verbal reminders such as “start your letter at the top”. Correct starting point of the letter is key to correct formation.

- Start with one letter. Add a new letter each practice session.
 - Use finger to write letter in shaving cream smeared on a table or in a baking pan.
 - Use a stick to draw the letter in sand.
 - Draw letter with sidewalk chalk.
 - Use a different “smelly” marker for each letter.
 - “Draw” the letter in the air using whole arm movements.
 - Use different color markers to write on a dry erase board.
 - Use playdoh to form the letter.
 - Place salt or sand into a tray and draw the letter with finger.
 - Write on a chalkboard.
 - Write on Zip-Loc bag filled with paint.
 - Write on aluminum foil with markers.
 - Write on Styrofoam.
 - Put a piece of paper over sandpaper or other textured surface in order to increase sensory feedback when writing.