Write Dance

A write dance session is fun and interactive way for us all to develop our initial writing techniques and help our fine and gross motor development.

In Dosbarth Ebbw we like to combine our write dance sessions with the opportunity to explore different sensory materials whilst we write. We play a piece of music and practice our initial writing strokes such as dots, horizontal, vertical and diagonal curved lines which are the building blocks to form our letters.

To make it easier for you I have uploaded a PowerPoint slide which will give you pieces of music and tell you which strokes to practice on each slide. Alternatively if you do not have access to PowerPoint you can choose a selection of songs on YouTube and model which stroke you would like to work on in each song. It works best if you only practice one stroke during each song.

Strokes to work on:

* Horizontal Lines
* Vertical Lines
* Diagonal Lines
* Curved/Wavy Lines
* Dots
* Freestyle

There are two approaches to completing Write Dance

* Approach 1 – Sensory Approach:

Choose a sensory material that can be easily manipulated in a small tray such as sand, rice, crushed cereal, pulses, shaving foam, conditioner, cornflour mixture and follow the PowerPoint.

* Approach 2 – Traditional Approach:

Using a pen and paper (pens can be coloured to make the activity more visual). Don’t worry if you don’t have fresh paper to hand you can use any scrap paper to hand or old newspaper.

Important note: Try to remember a Write Dance session isn’t about making a beautiful end product but about practicing the process of the elements needed to form letters independently. Make sure it’s high energy and FUN!