

 **WHAT IS IT? (RATIONALE)**

Tracing letters, numbers, and shapes in the air can help children develop the fine motor skills necessary for writing. Children learn from large-scale to small-scale, so if they are having problems with the fine motor skills of paper and pencil, try this exercise first.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

No materials are needed for this activity. The teacher will call out a letter, number, word, or shape and the students will draw it in the air using the index finger of their writing hand. This can be done either as a class or as small groups.

No materials or equipment necessary.

 **ADAPTATIONS**

Students can also do this using their bodies either individually or in small groups.

Rather than calling out a letter or number, try calling out a math or word problem and having the students write the answer in the air. For example, “What letter does the word ‘door’ begin with?” The students would then have to draw the letter “d” in the air.

 **DEVELOPED BY:**

Cathy Johnson, Project First Step

DOMAINS ADDRESSED



**SEQUENCING
BODY IMAGE
FOLLOWING DIRECTIONS
LANGUAGE**



**FINE MOTOR SKILLS
BALANCE
HAND/EYE COORDINATION
TACTILE TOUCH
GENERAL COORDINATION**



**STRENGTH
FLEXIBILITY
AEROBIC**



**FOLLOWING DIRECTIONS
BEST EFFORT
SELF CONTROL
COOPERATION
COMPASSION/RESPECT
RESPONSIBILITY**