Sky Writing and Shapes

PACK 1 / Dysgraphia

INSTRUCTIONS & ADAPTATIONS FOR ADULTS



Short, supported play for children aged 3-5. Model, pause and let the child choose how to join in.

What you need

No equipment; optional scarf or ribbon.

Getting started

Find a comfortable position sitting or standing.

Try it together

1. Choose a big shape.
2. Model tracing it slowly in the air.
3. Invite the child to use an arm, hand, finger, ribbon or eye movement.

Choices and adaptations

- Point to the shape instead of tracing.
- Use a ribbon or scarf if preferred.
- Make tiny movements or use eye movements.
- Let an adult copy the child's idea.

How to keep it playful

Offer choices without checking for a correct response. Point, demonstrate, wait and follow the child. A little play is enough.

Safety: Allow plenty of room and avoid uncomfortable repeated movements.