

**Sit Right, Walk
Right,
Hold it Right,
and Other Useless
Commands**

Workshops – Keynotes – Products – E Blasts

Presented by:

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Sit Right, Walk Right, Hold it Right, and Other Useless Commands

What we say reflects our knowledge, compassion, and intention:

What is RIGHT?

Development is relevant:

1. Sit Right

One size does not fit all: Philosophy and Implementation

Neighbor's Position?

Criss Cross Applesauce

Other Sitting Positions:

W-Sitting

What is it?

Why?

Be flexible in philosophy because they may not be

Alt sitting positions: Long, side, tummy, back, etc...

(see handy handout on www.writeoutofthebox.com)

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2. Walk Right

Tone – Low – High

Vestibular/Proprioception

Crawling sequence

Sock Pull (3-ways)

Partner

Alligator (parent-led)

Distractable Dan (teacher-led)

3. Hold it Right

Back into the hands with crawling

Hand development sequence (arches and intrinsic):

Palmar arch and squishy fish

Digit individuation – finger puppets

Separation of hand – tools, crayon rocks

Prerequisites for Writing

1. Established hand dominance with coloring, drawing, or using a fork (may not be in place until 6 years old)
2. Able to cross midline

3. A functional pencil grasp

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4. Able to understand directional terms; recognizes differences and similarities in forms

5. Able to copy basic shapes: Prewriting Scope and Sequence

Years-Mos.

of Age	A	B	Notes
2-10			
3-0			
3-0			
4-1			
4-4			
4-6			
4-7			
4-11			
5-3			

6. Able to use 2 hands in an activity

7. Able to coordinate eyes and hands together

8. Able to maintain proper sitting posture

9. Oriented to print

10. Mastery of recognition of letter forms and sounds

11. Able to attend to a task for a minimum of 1 minute

12. Has interest in writing

4. Conclusions/ Q&A

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