

BUMPY BOARD

Materials needed:

- clip board
- plastic, needlepoint canvas
- dull pencil, crayons and paper

Objectives:

- provide tactile, visual and proprioceptive feedback and muscle strengthening in the hand
- practice forming letters and numbers

Preparation for activity:

- Step 1 - Place the plastic canvas with paper over it on the clipboard.
- Step 2 - Optional: Place a worksheet with a large letter or number on it for the student to trace.

Procedures:

- Step 1 - The student can practice tracing over the letter or number on the paper using a crayon.
- Step 2 - Holding the dull pencil, the student can poke holes in the paper along the lines of the letter or number. This will create a bumpy pattern.
- Step 3 - Once the holes are poked, the student can trace the letter or number with his/her finger along the bumpy pattern.

Modifications:

- Try using a small pencil or golf tee to poke holes in the paper to encourage the student to use a proper grip on the pencil.
- Try using darker paper over the bumpy board. After pushing holes in paper, hold the paper up to a light box or bright light to view letter.