

GAME 65 Back Writer

Indoor/Outdoor

- Indoor

Equipment

- Writing utensil
- Something to write on such as a piece of paper or small whiteboard

How (First Level)

- First write out the child's name on a piece of paper or whiteboard, and put it in front of the child.
- Rub the child's back as if erasing a whiteboard, using deep pressure.
- Draw lines with your finger to indicate that the top of the page is near the child's neck and the bottom of the page is near the child's lower back.
- Using your finger, write one of the letters from the child's name on his back. Press firmly when writing on the child's back.
- When it is time for a new letter, rub the child's back firmly with a flat hand.
- Have the child guess which one of the letters in his name you are writing on his back.
- When he gets good at guessing remove the visual prompt of his written name.
- Then have him guess the letter by writing the letter on paper or a whiteboard in front of him.
- You can expand to include other letters of the alphabet and then words.

How (Second Level)

- Have a peer write one of the letters of your child's name on your child's back; then have your child guess the letter being written. Children can take turns writing and guessing letters.

Note: We use this activity in our therapy clinic as part of our Social-Sense™ groups. It is fun to watch kids who have a hard time with others touching them tolerate and even laugh while trying to determine which letter their friend is writing on their back. It also has the added benefit of helping the children in the group remember each other's name.

Purpose

- **Motor memory of a letter formation:** Increasing motor memory for letter formation through touch decreases the reliance on the visual-motor system and increases success in writing.
- **Tactile sensitivities:** This activity mixes light touch and deep pressure, which will help the child tolerate the light touch if he experiences tactile defensiveness.
- **Social interaction:** Once your child starts to guess the letters correctly, you can include a peer, making it a fun learning game.