



# Why work on a Vertical Surface?

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## Strengthen Core & Shoulder

- The upright position engages back and abdominal muscles.
- Shoulder must be stable as the child moves his/her arm about.

## Boost Visual Skills

- Visually, kids see their work better.



## Develop and Refine Visual-Motor Skill

- Visual-motor skill is using vision to guide hand movements.
- Children transition from large arm motions to fine hand control.

## Practice Crossing Midline

- Kids draw/color from side to side.

## Improve Pencil Grasp

- When the wrist tilts backward into wrist extension, fingers assume the ideal position for pencil grasp.

*Paint a wall with water.  
Scrub with a sponge.*

*Fix a long piece of paper to a wall. Draw pictures.*

*Tape coloring pages or worksheets to a wall.*

*Write the alphabet on a chalkboard. Erase a letter when an adult calls it out.*

*Draw birds, bees, and butterflies. Sit. Kneel. Stand.*

*Tape sight words to a wall. Use a finger to point at letters and read words.*

*Wash windows then dry them.*

*Place stickers on a paper. Draw lines to join them.*