

Exercises for Reversals (K-12)

- **Body awareness and Directionality** – It is so important to get children familiar with their right and left hand and other body parts to increase their body awareness and sense of directionality. e.g. show me your right hand/ show me your left hand/right leg/left leg/right ear/left ear etc. Then encourage the child to identify the parent/teacher's left hand/right hand etc. Do you see this coin, have I got it in my left hand or my right hand.

Mat Man (from Handwriting Without Tears) is an excellent way to teach body awareness, directionality and prepositions e.g. top/bottom etc.

- Write in upper case pair's of each of the following letters/numbers – B/C/D/E/K/F/R/2, write one the right way and the other backwards beside each other, with spaces between the pairs. Have the child record his/her response on a separate piece of paper.
- Look through the child's writing samples and get a list together of commonly reversed letters/numbers/words. Make cards with printed letters/words. Get the child to trace the word with his/her finger while also saying the letter/ word. Remove the card and have the child write the word from memory. Use the computer and get the child to type small and large case letters that are commonly reversed e.g. b/d p/q
- Draw /paint and then cut out large case letters and numbers on paper. Get the child to display the letters in their correct right-left position. Use the letters to make words that are commonly reversed.
- Make a list of reversed words with one paired word over the paired reversed word, allow space between the two pairs. Have the child draw a line between the similar letters.

WAS

NO

SAW

ON

- Using Handwriting without tears – Wet/Dry/Try method helps reinforce formation/direction and orientation of letters/numbers. First you demonstrate how the letter is formed starting at the top on a chalk board, then the child goes over the letter with a wet sponge starting at the top. Next they go over the letter again using a small piece of kitchen paper. Then they make the letter using a small piece of chalk. Reinforce starting your letters/numbers at the top. Top to bottom, left to right.

- Fill a tray with colored sand (available from AC Moore) and get the child to trace letters in the sand that s/he commonly reverses.
- On the playground, trace a large letter/numeral (10 feet long), get the child to walk out the letter/number. This can also be done with masking tape on the floor in the classroom or at home.
- Fingerprints and sandpaper, reinforce tactile, multisensory learning of letters and numbers. Guide the child's hand if needed to form the letters/numbers. Cut out letters using sandpaper (2" in width) and trace the letter/number.
- Use the newspapers/magazine articles. Get the child to circle all the 'd's or 'b's (or other commonly reversed letters).
- Does it look Right? Use words from the child's spelling list. Print / write one word per card (3x5 index cards). Miswrite a letter in some words. Ask your child to tell you if the word looks *right* or *wrong* to him/her.
- Write letters on your child's back using your finger. Use the child's entire back. Print a letter/number and ask the child to tell you what you wrote. Make it clear that you are writing one number or letter. If he is unable to identify it write it on a chalk board or paper. This can be varied by writing 3 letters/numbers/shapes on a board in front of the child and picking one to draw on his back with your finger and he guesses which one.

Adapted from Jordon (left-right reversals test 1962)