

# DYSLEXIA – some information and suggestions for home activities:

## General dyslexia websites:

Here is a link very kindly shared by the Glasgow Dyslexia Support Service:

<http://www.gdss.glasgow.sch.uk/PlainText/PlainText.aspx?SectionId=79606497-6b1c-44c2-a7c3-f4ac6512ee9c>

Doorway online has a number of excellent literacy, number, time and money and typing sections:

<https://www.doorwayonline.org.uk/?fbclid=IwAR0BaA6lsxnWJI2qDi8y66mb1YUGEmpjYBfsaERpasFCdEvehhX477FwJAc>

Spelling website with online games and worksheets:

[https://www.education.com/resources/spelling/?referral\\_url=kidsspell.com&fbclid=IwAR18oty3-w9ETeZ0yoY9XqHO0MamQ\\_71et9LF2i\\_8CoY1GluuLHG6RVZWUA](https://www.education.com/resources/spelling/?referral_url=kidsspell.com&fbclid=IwAR18oty3-w9ETeZ0yoY9XqHO0MamQ_71et9LF2i_8CoY1GluuLHG6RVZWUA)

Free functional skills and skills for life resources:

[https://www.skillsworkshop.org/resources/dyslexia\\_practice\\_sheets?fbclid=IwAR0BaA6lsxnWJI2qDi8y66mb1YUGEmpjYBfsaERpasFCdEvehhX477FwJAc](https://www.skillsworkshop.org/resources/dyslexia_practice_sheets?fbclid=IwAR0BaA6lsxnWJI2qDi8y66mb1YUGEmpjYBfsaERpasFCdEvehhX477FwJAc)

Lots of super ideas, but REMEMBER this is American spelling!!:

[https://www.american-dyslexia-association.com/Free/Worksheets.php?fbclid=IwAR2siCQyUoLunHToJ4J2vd\\_BTL72tG1bS54H8aa8qbsNGBJVLDeI4SzEN8w](https://www.american-dyslexia-association.com/Free/Worksheets.php?fbclid=IwAR2siCQyUoLunHToJ4J2vd_BTL72tG1bS54H8aa8qbsNGBJVLDeI4SzEN8w)

## Fine motor activities

Fine motor skills are necessary for the activities that involve smaller movements in wrists, hands and fingers. They are crucial for our ability to perform most of the usual, daily self-care tasks such as buttoning clothes, cutting food, tying our shoes or brushing teeth, but also for precise colouring, drawing and writing.

Activities that can help with improving these skills:

Easy crafts for kids. Give them opportunities to use different materials such as paper, cardboard, wood or glue, and colour, cut or combine them to make something new.

Colouring exercises, mazes on paper or exercises that involve drawing shapes of different sizes.

Opening and closing jars or bottles, tying shoes, buttoning clothes, etc.

Beading, sewing, knitting etc.

American website, but some fun outside activities included:

<https://handsonaswegrow.com/cutting-activities-fine-motor/>

## Word-building Activities

Start with shorter words that are easier to pronounce and try to make activity as fun as possible. Make it multisensory, colourful, engaging!

You can do this by writing in the sand, cutting out the letters from paper or cardboard or making them out of clay or playdough. Putting letters on pebbles, bottle tops or Duplo Bricks is another thing you can do to make them more fun to combine. By helping your child “build” simple words, you are not only helping them learn how to spell words, but also how to recognize the similarities between how they are pronounced. With that, you are also helping with phonological awareness. Emphasize the length of different vowels. Model proper pronunciation.

Again an American website, but some good ideas:

<https://childhood101.com/7-wonderful-word-building-activities/>

## Activities for Working Memory

Working memory allows us to hold on to and manipulate information that we have in our short-term memory. Kids with dyslexia usually have deficits in their working memory, which makes it hard to retain the image of letters, match them with sounds and perform the task of pronouncing or reading the word out loud.

Activities such as riddles, solving logic problems, playing board games, listening actively to stories and retelling them, and doing a task that involves giving or following instructions (such as building, creating or cooking something) are just some of the activities that can help with boosting the capacity of your child's working memory.

## Activities that involve sorting, categorising and planning

Being able to organize the activity at hand is one of the most important skills kids need in school. So, why should we wait for school to give them opportunities to practice it?

Try involving them in the activities around the house. Sorting laundry or dishes, organising toys or setting the table for dinner are some of the everyday activities that involve the mental processes of planning.

If you would like to have your child work on these skills through pen and paper exercises or online activities, pick those games that involve identifying the missing piece, a piece that does not belong in a group, putting together a puzzle or reorganising the steps in a process.

Sesame Street online games offer plenty of these online.

## Activities for Phonological Awareness

Phonological awareness is the ability to identify, think about and manipulate sounds in spoken speech. This skill is crucial for being able to read. Kids with dyslexia struggle to recognize syllables and sounds in words and to identify the words that begin with the same sound or rhyme.

The children can improve their phonological awareness through listening to and learning poems and songs, and connecting movement such as clapping with segmenting words by syllables or identifying the first and the last sound of the word. These activities help children learn to be perceptive to different lengths of vowels.

## Activities for Improving Visual Processing

Helping your child improve their visual processing can help them learn, and identify and spell letters more easily. Exercises for visual processing can sharpen their skills in processing the differences between objects that look alike.

Examples of such activities are:

[Where's Waldo](#)

Find the difference between two seemingly identical pictures (try this one with pencil and paper version so that your child can work on fine motor skills too)  
Puzzles

Finding similarities and differences in shapes and sizes between objects

Matching shapes by color, shape or size

Drawing in steps where they need to follow what is in each box (printables available online)

## Activities for Improving Comprehension

Learning new words does not only mean knowing how to pronounce it, but also how to use it in a context. Children with dyslexia usually need more time understanding the differences between similar words, not only when they sound alike, but also when they have similar meaning.

To help them understand the word better, you can give more examples of how one word could be used. Put it more often in the context that is familiar to them. You can play the game in the car where you think of a word and start describing it, while they attempt to guess what it is. After they guess right, you can be the one guessing the word.

You can also ask them – how would you describe “word” to somebody that has never heard of that? Encourage them to put in effort in expressing their own understanding of a word and use examples to illustrate it.

