



Write Dance





This is Ragnhild Oussoren, a Graphologist from the Netherlands, who came up with and developed the idea of Write Dance.

Write Dance is a method based on experiences gained in the writing psychology developed in France at the end of the 19th Century.

What is Write Dance?

As the success of Write Dance developed, Ragnhild collaborated with two women to develop training sessions for people in educational settings, local authorities or individual participants.

The Write Dance training sessions are a UK based company set up by Diana Strauss and Nicole Barrons, with the aim to help guide young children with form and shape when it comes to writing letters and words.

Write Dance was created to provide opportunities to improve movement and develop the particular skills they need to improve their handwriting.

The method involves music to help build confidence and keep children interested and motivated.

Write Dance is aimed at early years and foundation stage children as well as key stage 1 and key stage 2 children.

It is a fun way to help improve learning and teaching and has a range of benefits and pros. Some of these benefits are;

- * Helps improve handwriting via new ways of motivating and encouraging children with writing.

- * Hands-on, active learning with music and movements.

- * Helps improve physical development such as balance and coordination of writing.

- *The children learn to balance the eyes and the 2 halves of the brain leading to a better physical and psychological health.

How it works

In the past people took more time ensuring their handwriting was neat by writing slowly and with discipline creating an individual style. Over time this has more or less disappeared as writing has become a thing to be done quickly, and we no longer write as often due to technology and the ease of a keyboard taking over.

Write dance is about finding the rhythm and energy in the coordination of their writing. This is done through different themes that explore the basic movements, pressure and speed that make up our letters.

Music is one of the main contenders in the write dance approach, children remain more interested through the use of music and it is the motor that kick starts the body and the intellect. After a while the children will unconsciously begin to find their own rhythm in accordance to the music.

The movements used throughout write dance are simple shapes such as big circles and again add to the development of motion and rhythm in terms of writing letters.

There are also rhymes or stories at the beginning of each activity, this helps set a theme for the children and for the teacher to follow and relate to. It is said that the voice and rhyme also helps with the rhythm and development of the handwriting.



The teaching principles.

Write Dance states that girls generally write better than boys due to the fact more than half of the letters are curved and rounded. Round movements are feminine, we dance and skip and hug. Male handwriting tends to be more sketchy and straight, this is due to the fact boys compete, shoot straight at a goal and slap each others backs and do other manly things.

Straight lines are the basic form, this is needed to support and to structure our handwriting but we often see far too many angles in male writing as they are unable to progress and use round forms.

The teaching principles are as follows;

1. Straight forms/ lines
2. Round forms
3. Circle movements
4. The angled movement
5. All basic movements
6. From big to small
7. The eight

The aim of Write Dance is, by rhythmic practice, to combine;

Rhythm - Melody

Intellect - Emotion

Body - Soul

Tense - Relaxed

Sense motor - Psycho motor

Gross motor - Fine motor

Form - Movement - Distribution

Letters are sound symbols

Sound symbols are created by humans

Humans are body, soul and spirit

Letters are body, soul and spirit

Plan of Action

To begin, a writing movement test is advised. The idea is not only for me as the teacher to see the progress but for the child to also see how they are progressing. The movements are simple and can be practised in the sessions or in free time in nursery or even at home.

To do this, I will give each child a piece of lined paper on a one to one basis and ask them to draw;

** A straight line **

** 5 circles **

** 5 circular rings **

** Upwards loop garlands **

** Downwards loop garlands **

** Mountain tops **

** 5 eights **

** Free drawing, whatever comes to mind **

I will do this little test before I start the group sessions so I am able to compare right from the beginning. I will then do another test around 6 weeks later and then a further 3 weeks later.

I will have my own separate piece of paper as well to demonstrate what I am asking them to do.

As Write Dance is quite a hands on approach I will then take small groups of children at a similar stage of development/age either onto the carpet or into the toddler room so that they can fully focus on the activity and I can interact with each child one to one and together as a group without any distractions from the children not taking part in the session.

The Write Dance method i'm starting with has 9 different themes. Each theme has a rhyme, special piece of music, exercises for the whole body or just the hands.

The different themes are;

****The Volcano****

****A Walk in the Country****

****Circles and Eights****

****Robot****

****The Train****

****The Growing Tree****

****Silver Wings over the Sea****

****Cats****

****Mandala****

Time spent on each theme is varied as the age, developmental stage and interest they show in the course will all have an effect on the outcomes but I am hoping that splitting them into groups will help them encourage each other to get involved and take part.

I will aim to do 1 theme per session to begin to see how they cope and if they remain interested throughout.