

FOKUS



Løkkeskript selvinstruksjon

Fokus A: Bokstavlyder

Toril Karstad

Løkkeforskrifter med selvinstruksjon etter Skjelfjords og Tømtes progresjon

Løkkeskrift selvinstruksjon ble utviklet til arbeid i hele klasser i 1993. Ideen oppsto som svar på utfordringene til elever med oppmerksomhetssvikt, men viste seg å fungere for alle. Skoleåret 93-94 ble en hel andreklasser trent i løkkeskrift via selvinstruksjoner som barna sa i kor, mens de skrev. De få og intuitive instruksjonene beskriver håndbevegelsen og utførelsen: *opp, ned, rundt, sving, bøyy, krøll, bølge, ring, rett, prikk, strek, dypt ned, kort ned, skrått opp/ned*. Når det gjaldt ring, prikk eller strek – som i løkkeskrift skal noteres etter at hele ordet er ferdigskrevet – var selvinstruksjonen *vent*. Barn med store konsentrasjonsvansker fikk gjennom denne metoden raskt en funksjonell håndskrift som de holdt fast på gjennom hele grunnskolen. Kolleger tok også i bruk metoden med klassene sine.

Siden ble metoden benyttet i spesialpedagogikken. Mange barn som man ikke trodde kunne lære løkkeskrift, inntok denne ferdigheten og ble stolte og glade over det de fikk til. Dette gjaldt blant annet barn med ADHD, autisme, dysgrafi, dysleksi og fysiske funksjonshemninger. Dyslektikere som ikke fikk hjelp før på mellomtrinnet, og som hadde gitt opp å lære, fikk nytt pågangsmot gjennom metoden. Det gikk fort å automatisere bokstavene og sammenkoblingene, og dette ga ny giv til det øvrige arbeidet.

Gjennom femårige forsøk med Fokus i hele klasser ble metoden benyttet på andre og tredje trinn (brage.inn.no/inn-xmlui/handle/11250/132710). I tillegg til arbeidet med selvinstruksjoner benyttet noen av klassene Tømtes «Jeg skriver løkkeskrift». Fokus for andre trinn fulgte Skjelfjords progresjon, noe Tømtes opplegg også gjør. Dermed kunne materialet brukes sammen. I tillegg trente barna inn løkkeskrift via forskrifter av språklydversene og oppgaver med løkkeskrift i Fokus E og F. Der man ikke benyttet stasjonsarbeid, ble også løkkeskrijving inkorporert i pusleoppgavene av sangteksten ved at barna skrev teksten utenpå en konvolutt, før de la lappene i den som dokumentasjon.

Det er utarbeidet tilsvarende oppgaver med stavskrift. Tømtes materiell kan også brukes sammen med det, og har samme progresjon som Fokus Lesekurs A og Skjelfjords lesebok.

Stange, 4. okt. 2020

Toril Karstad

Fokus er utviklet ved hjelp av Extra-midler.

Omslagsbilde: Melissa Adéle Popkema

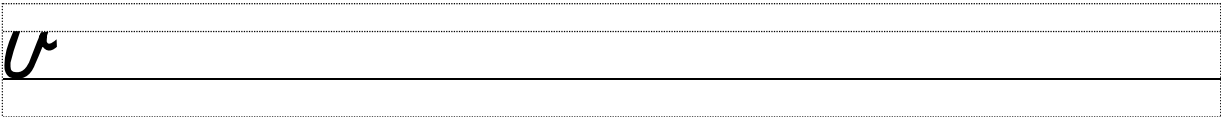
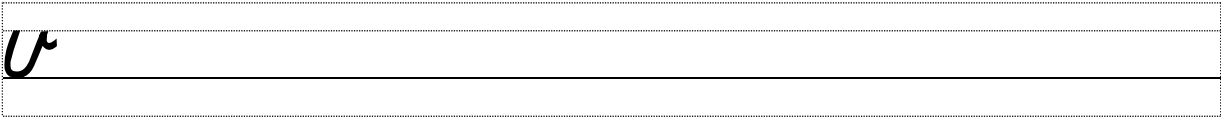
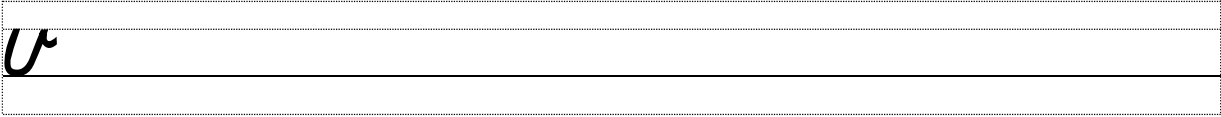
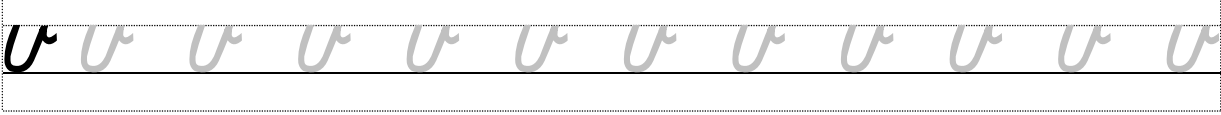
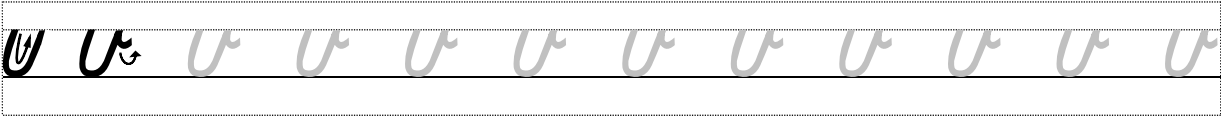
Les mer om *Kreativ og begrepsbasert skriftspråklæring* i Karstad, Toril (2020): www.universitetsforlaget.no/kreativ-og-begrepsbasert-skriftspraklaering-1

Innhold

| | |
|-----|-------|
| U u | s. 4 |
| L l | s. 5 |
| R r | s. 6 |
| S s | s. 7 |
| J i | s. 8 |
| N n | s. 9 |
| E e | s. 10 |
| M m | s. 11 |
| O o | s. 12 |
| Å å | s. 13 |
| Q q | s. 14 |
| F f | s. 15 |
| A a | s. 16 |
| H h | s. 17 |
| U u | s. 18 |
| T t | s. 19 |
| Y y | s. 20 |
| D d | s. 21 |
| Ø ø | s. 22 |
| B b | s. 23 |
| P p | s. 24 |
| G g | s. 25 |
| K k | s. 26 |
| J j | s. 27 |

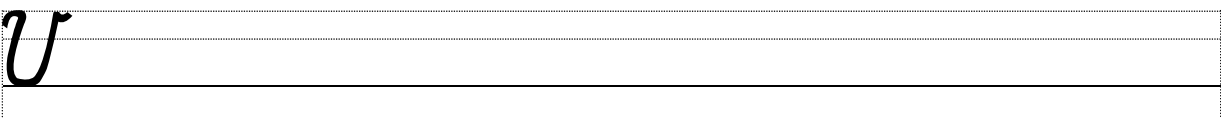
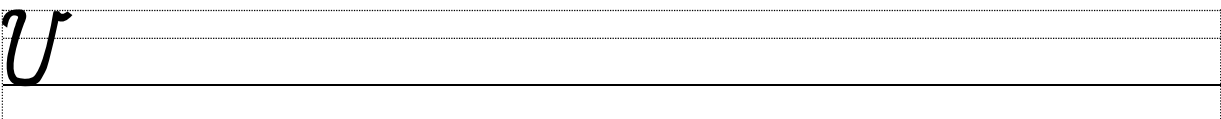
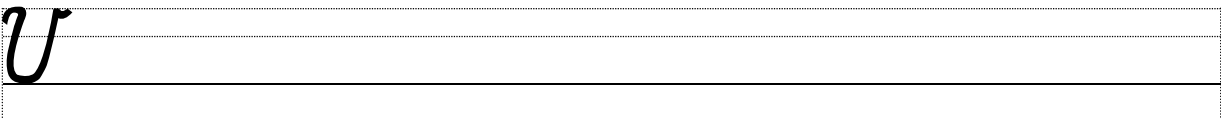
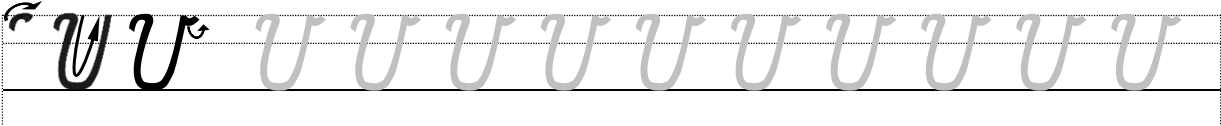
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SVING, BØY



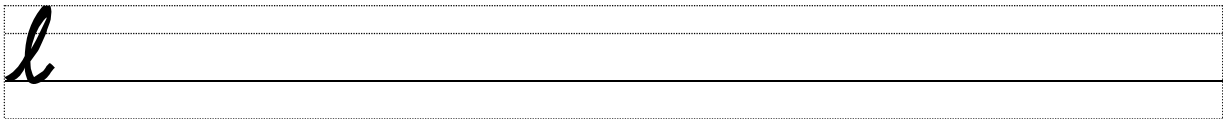
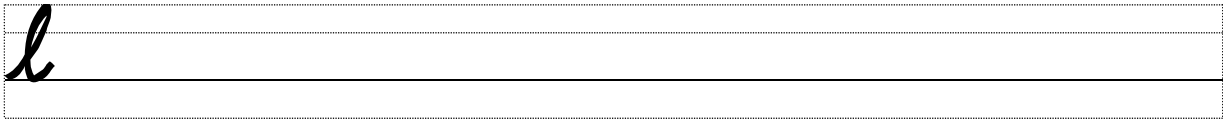
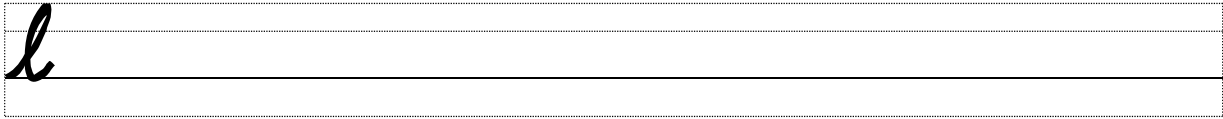
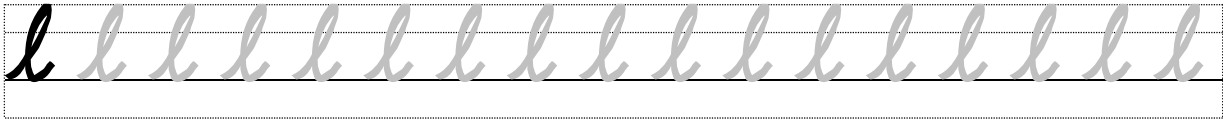
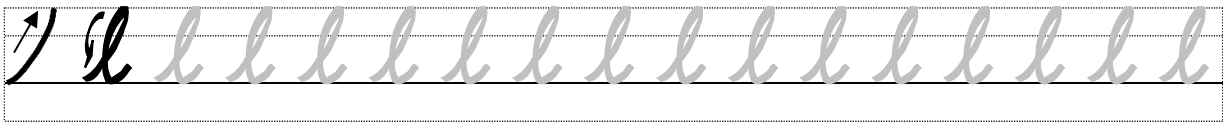
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BØY, SVING, BØY



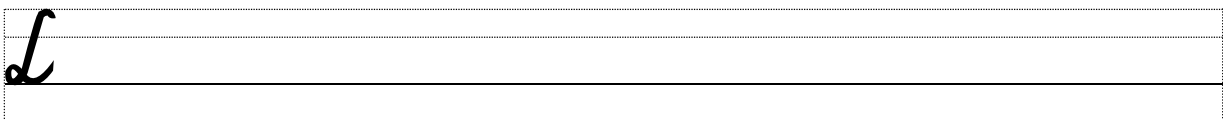
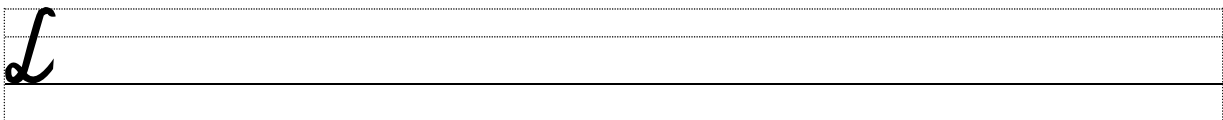
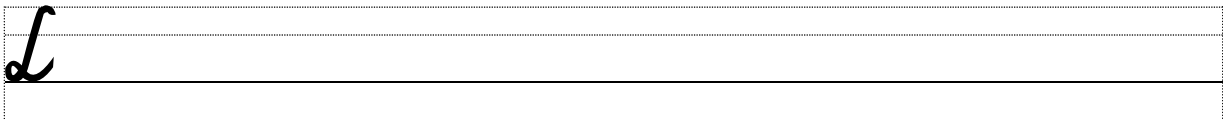
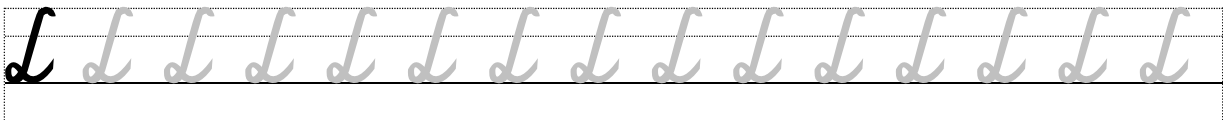
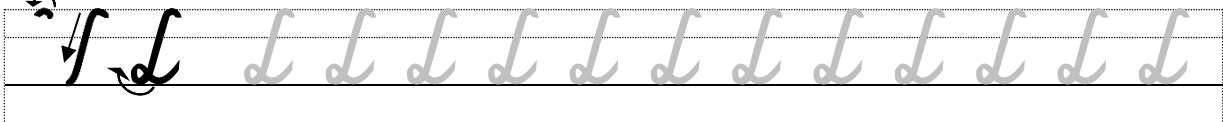
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OPP. NED



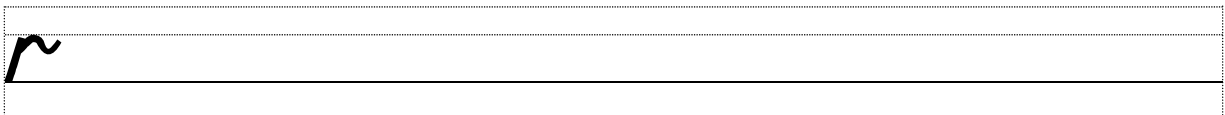
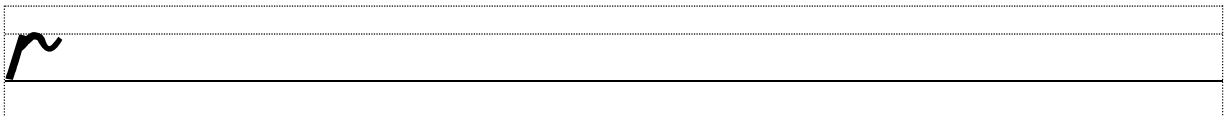
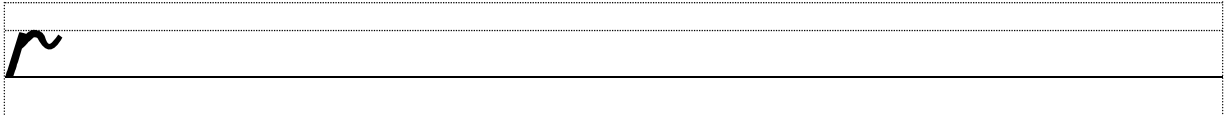
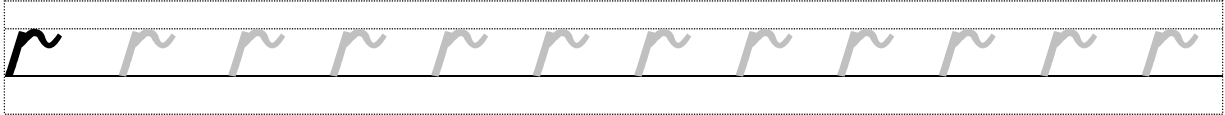
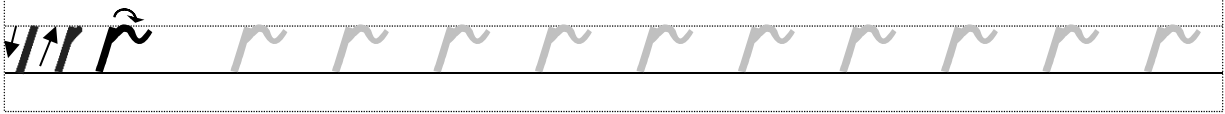
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BØY. NED. KRØLL



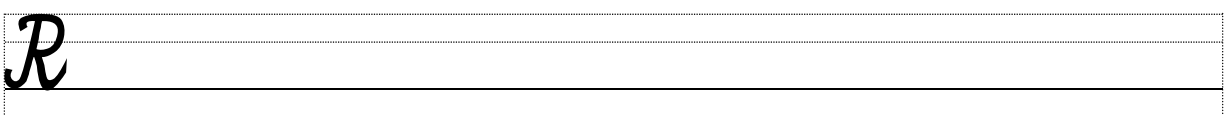
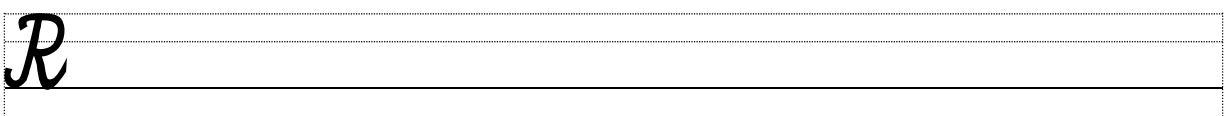
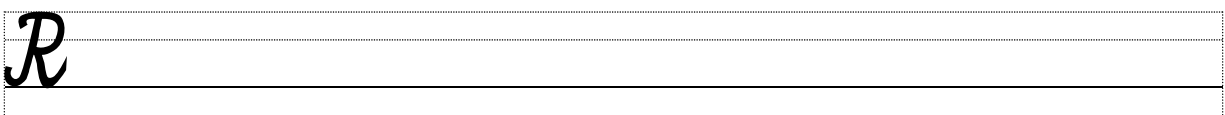
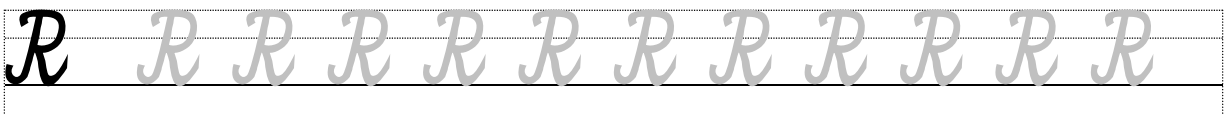
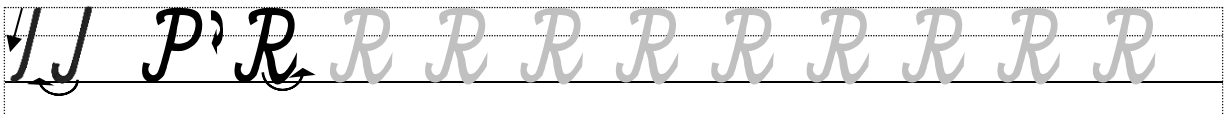
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NED, OPP, BØLGE



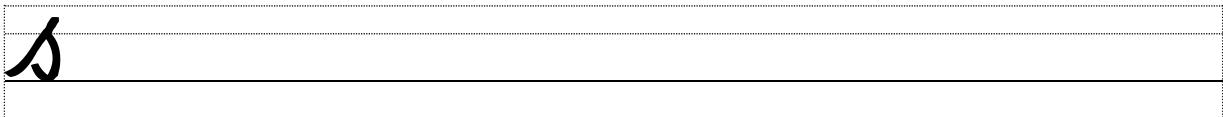
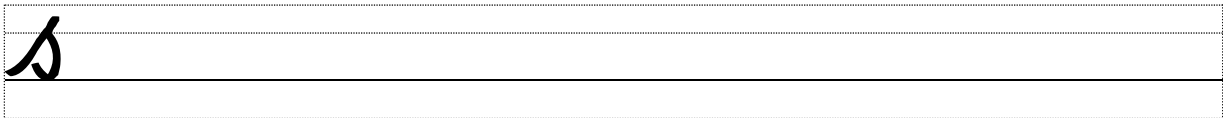
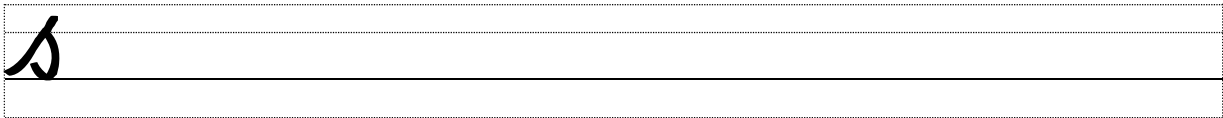
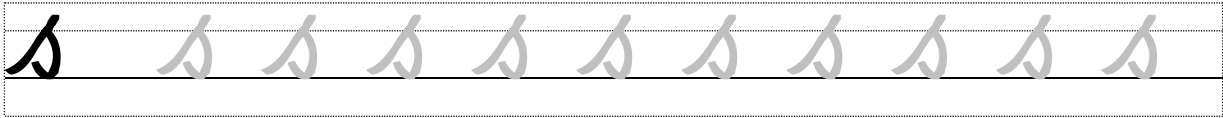
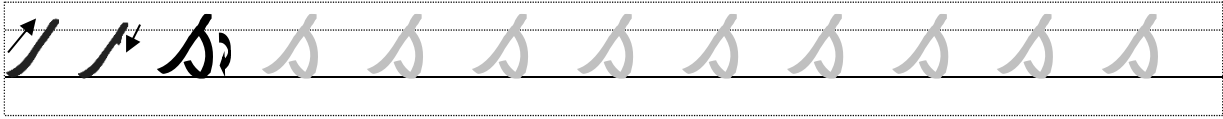
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NED, BØY, SLIPP, SVING, BØLGE



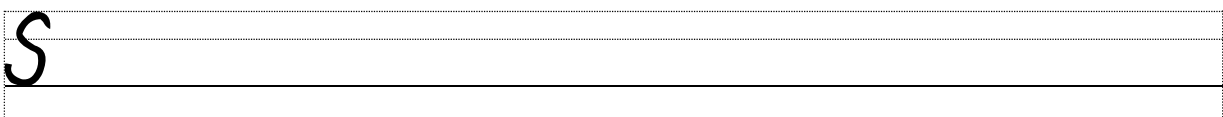
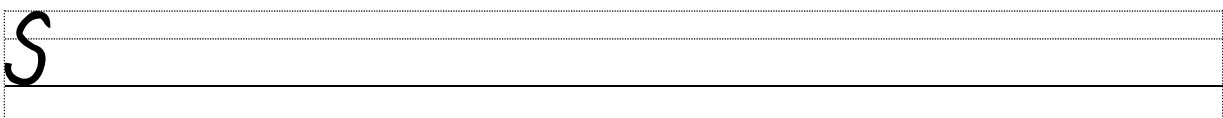
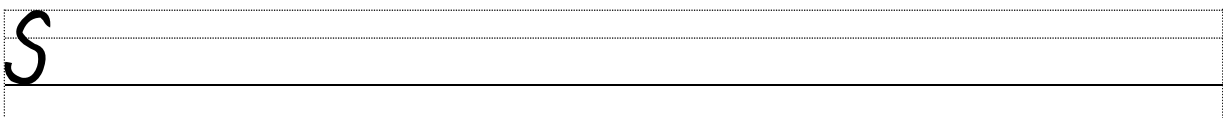
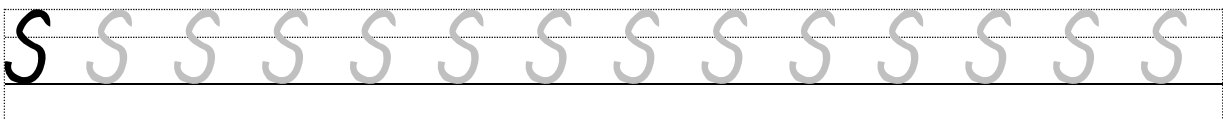
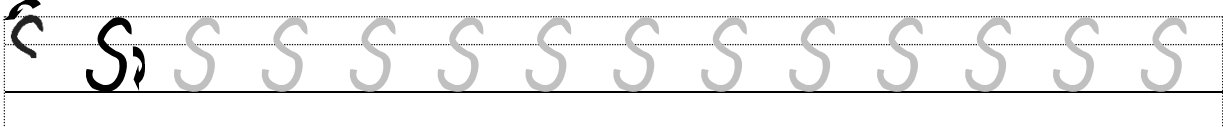
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OPP. KORT NED. SVING



S: SKRIV LØKKEBOKSTAVER. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

SVING. SVING



I: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.
HUSK Å SKRIVE ORD MED i FÆRDIG FØR DU SETTER PRIKK.

OPP, NED, VENT, PRIKK

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RETT, NED, BØY

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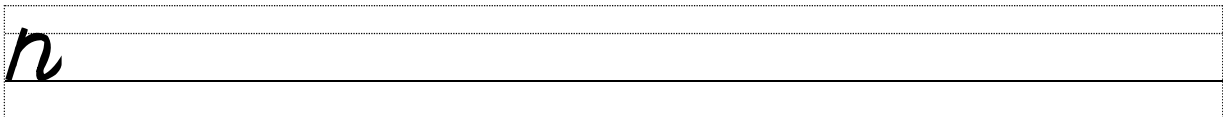
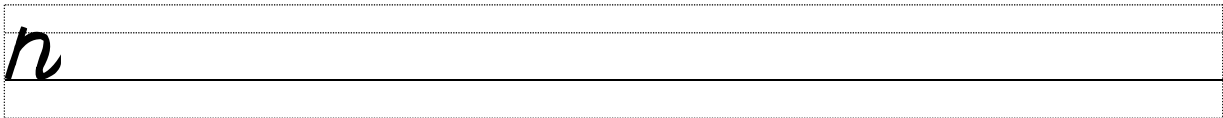
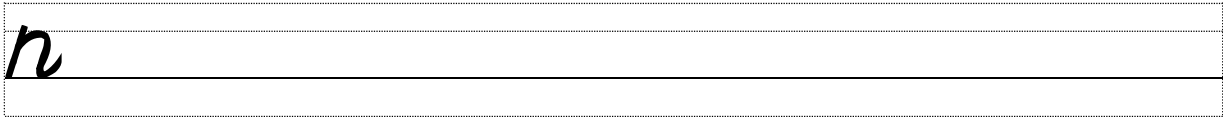
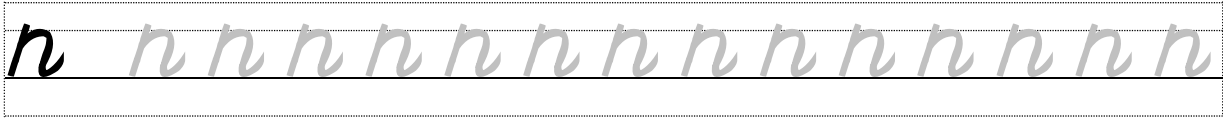
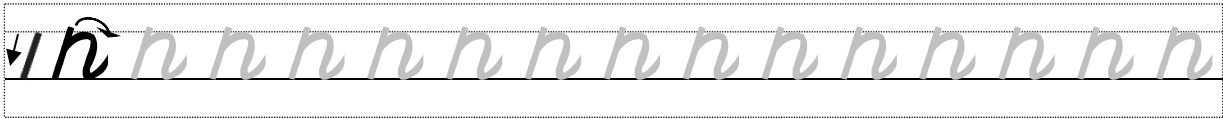
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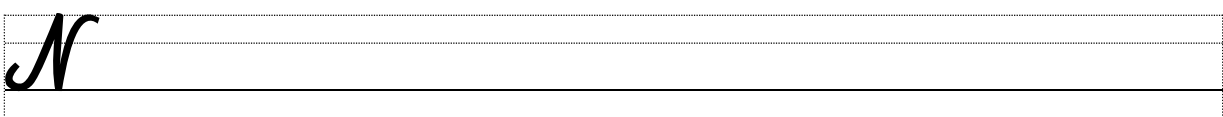
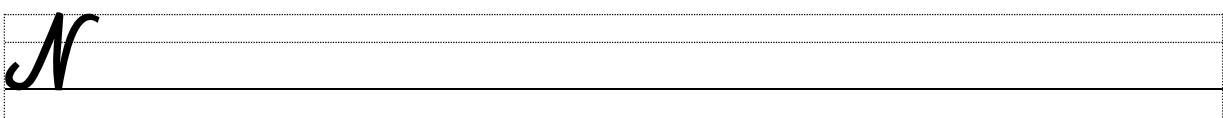
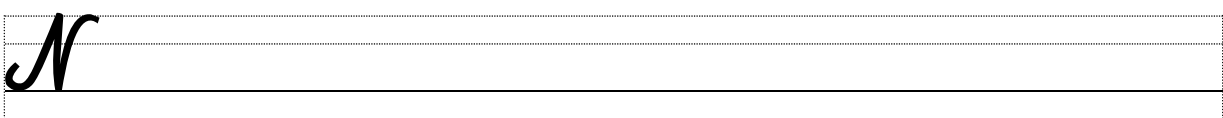
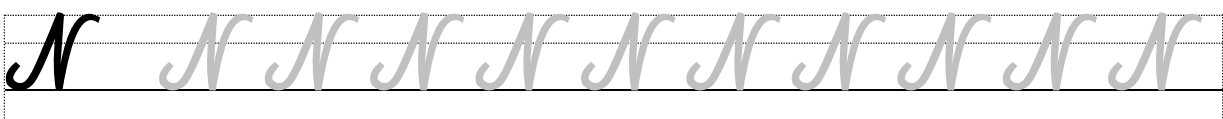
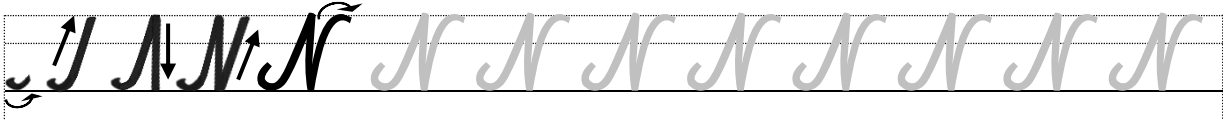
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NED SVING



N: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

BØY, OPP, NED, OPP, BØY



E: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

OPP. NED

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SVING. SVING

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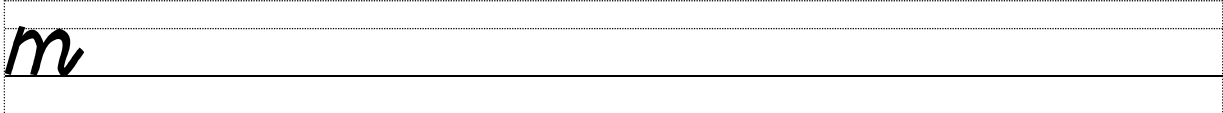
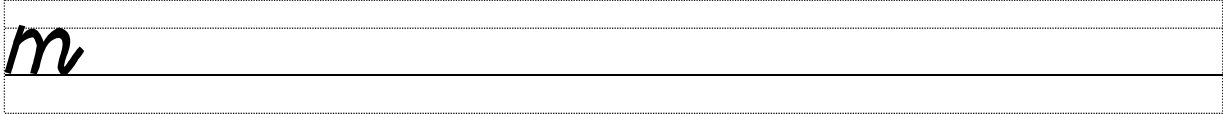
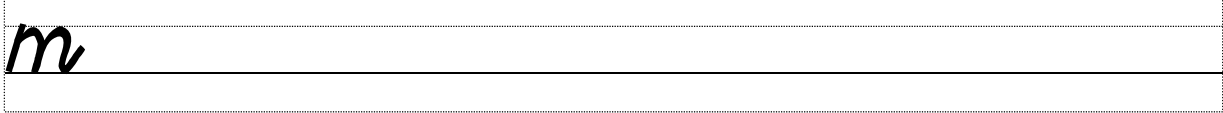
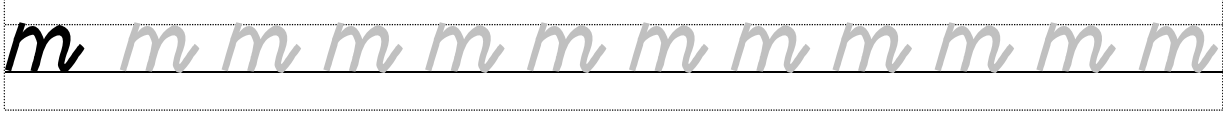
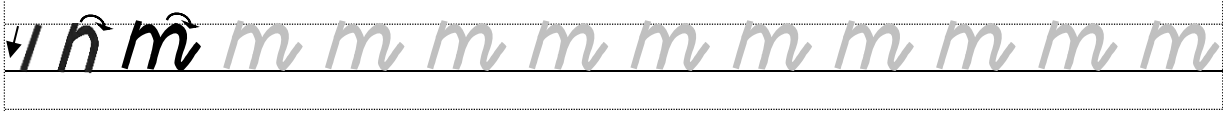
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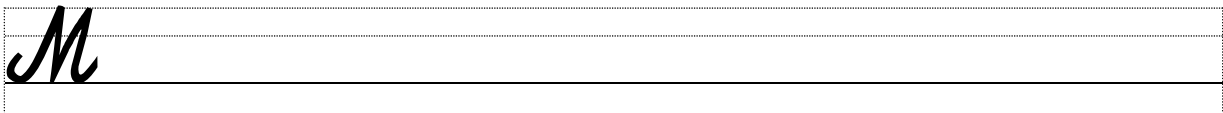
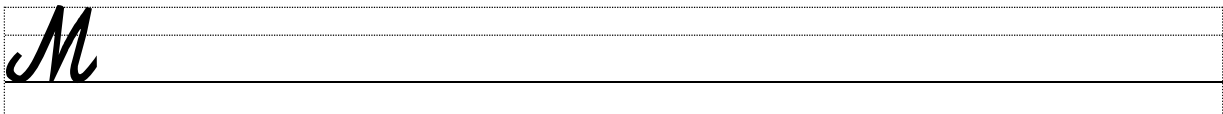
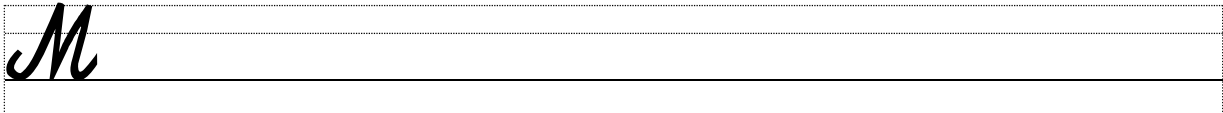
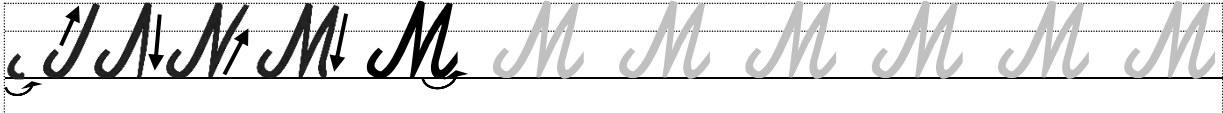
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NED, SVING, SVING



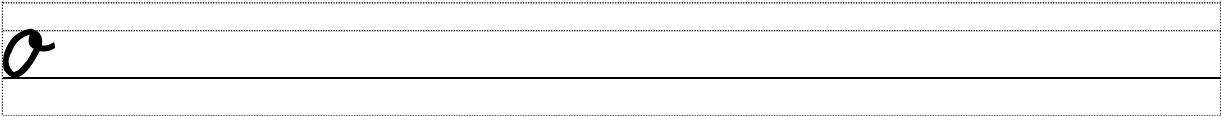
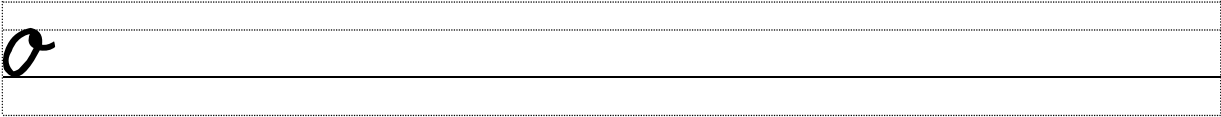
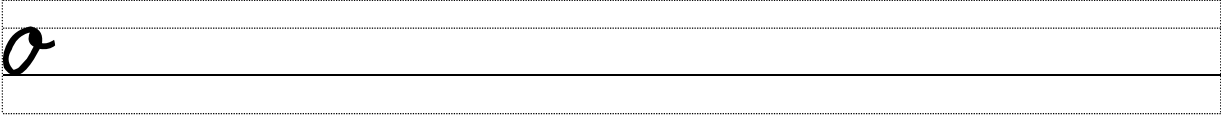
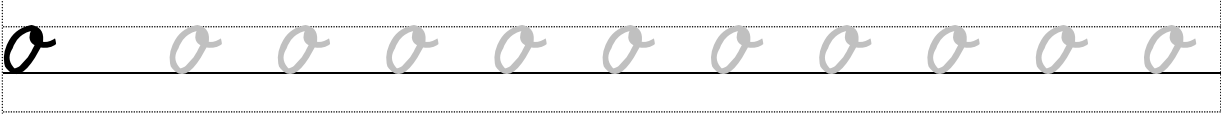
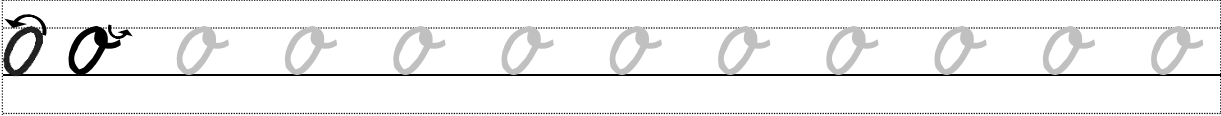
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BØY, OPP, NED, OPP, NED, BØY



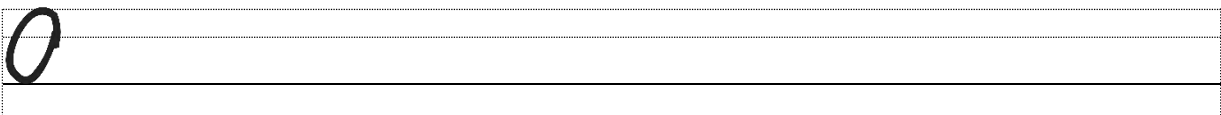
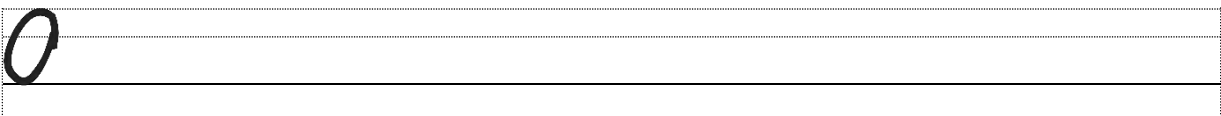
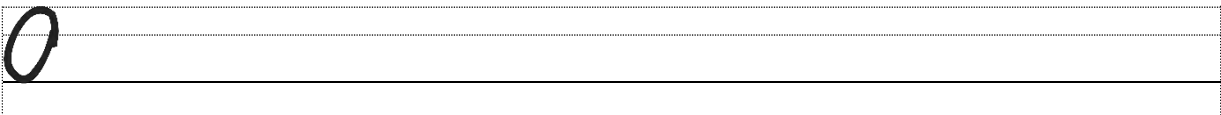
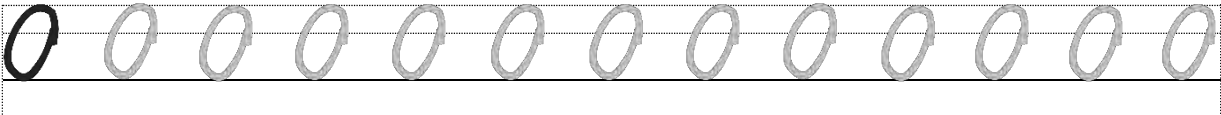
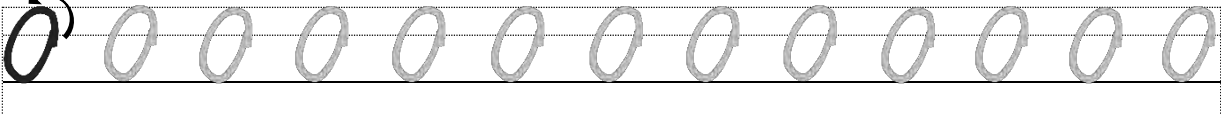
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RUNDT, BØY



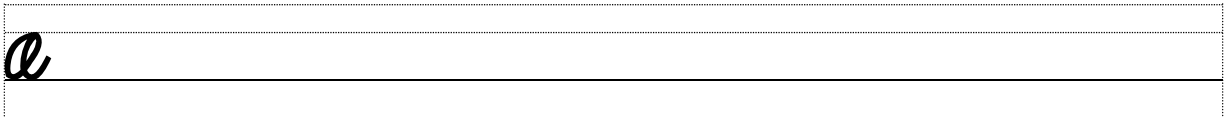
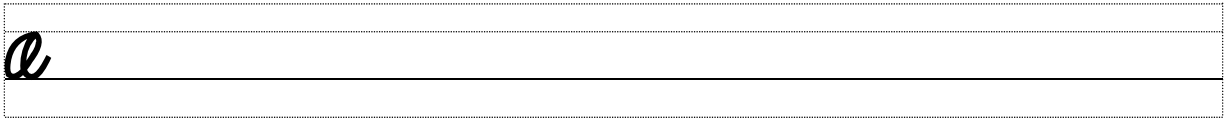
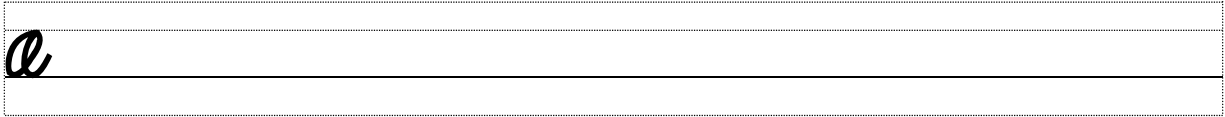
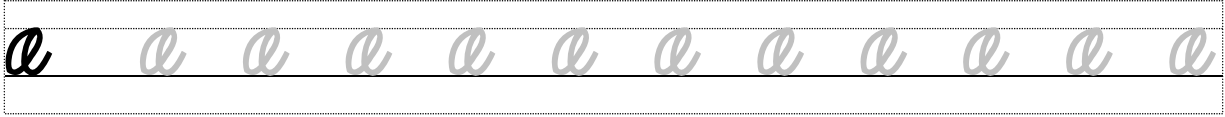
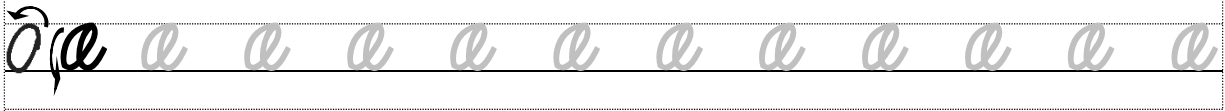
O: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

RUNDT



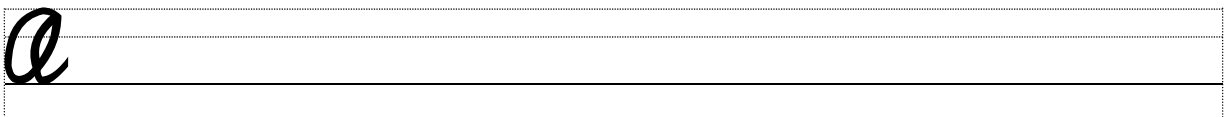
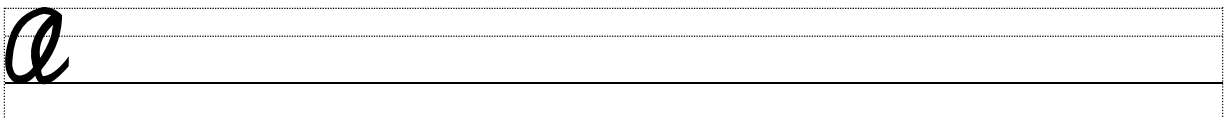
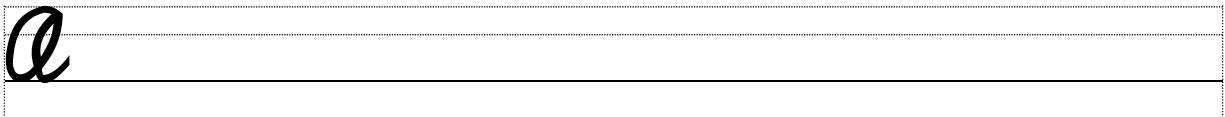
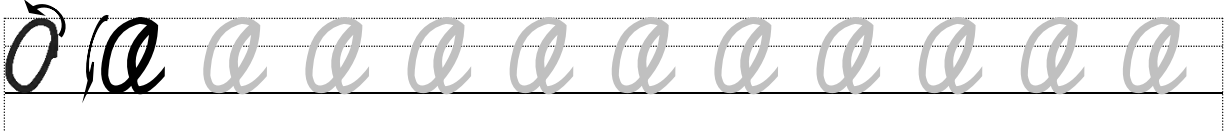
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RUNDT, SVING



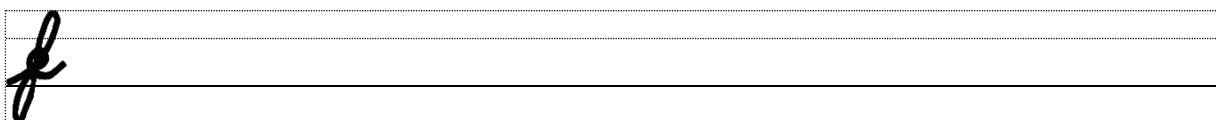
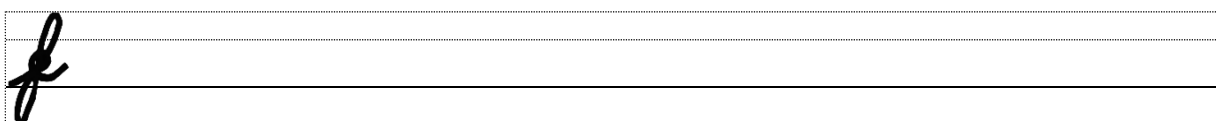
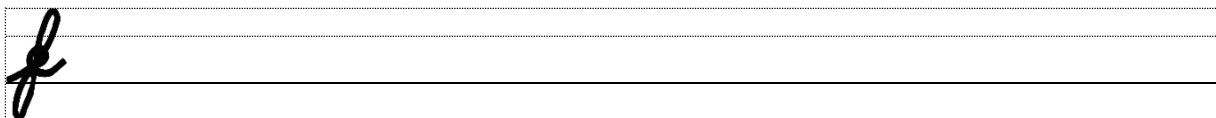
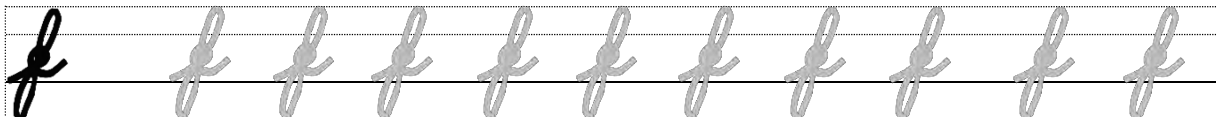
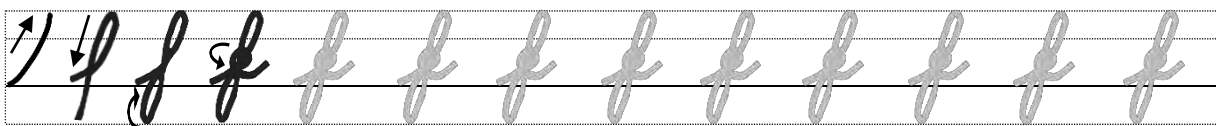
Æ: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

RUNDT, SVING



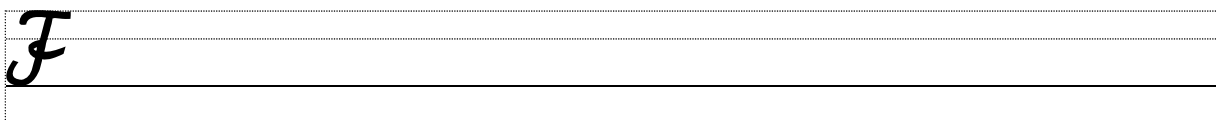
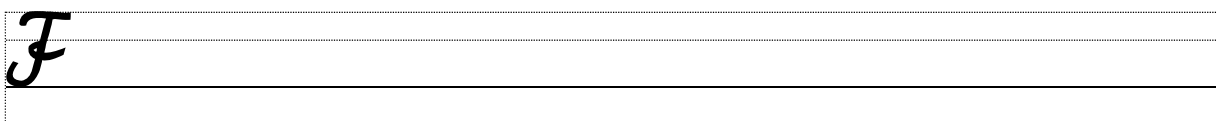
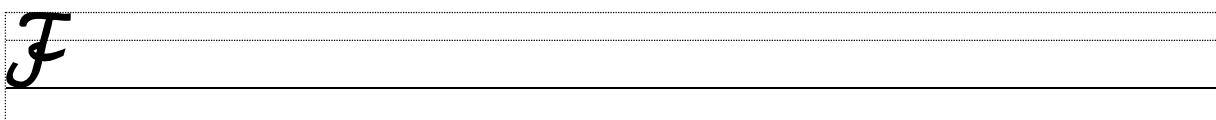
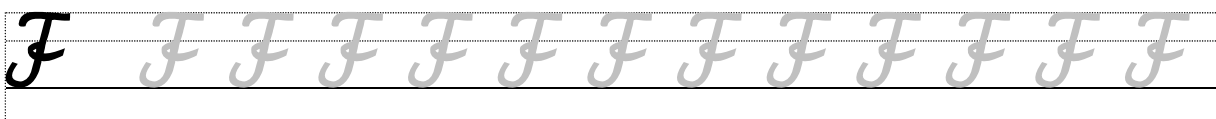
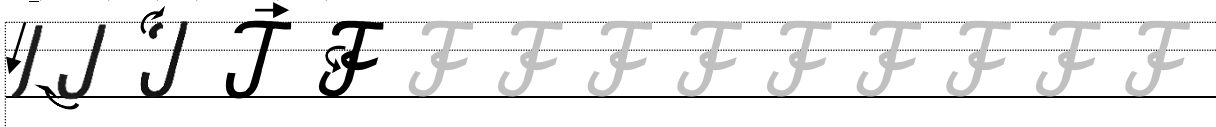
F: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

OPP, DYPT NED, OPP, KRØLL



F: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

NED, BØY, SLIPP, BØY, RETT, SLIPP, KRØLL



A: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

RUNDT, NED

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A: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

BØY, OPP, NED, OPP, KRØLL

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H: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

OPP, NED, SVING

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H: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

RETT, NED, BØLGE, NED, BØY

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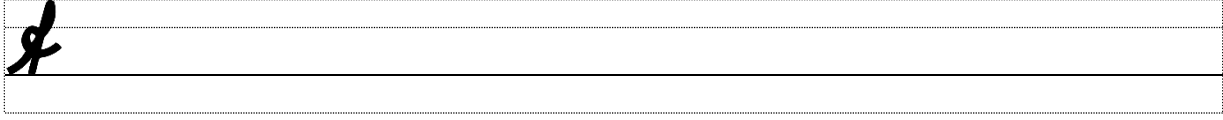
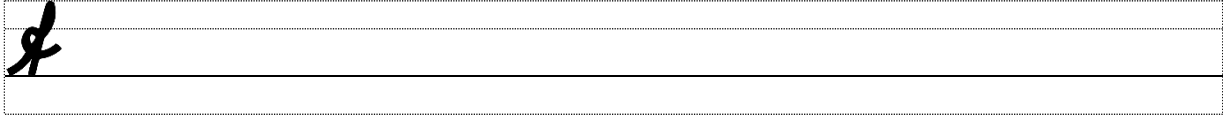
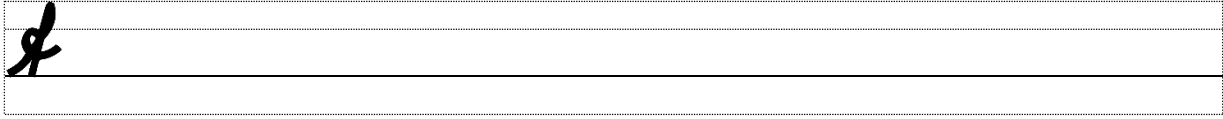
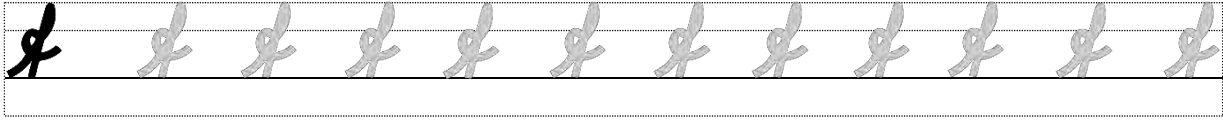
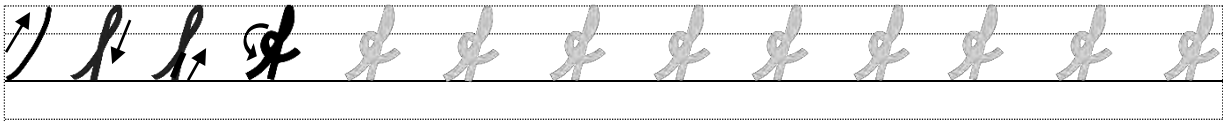
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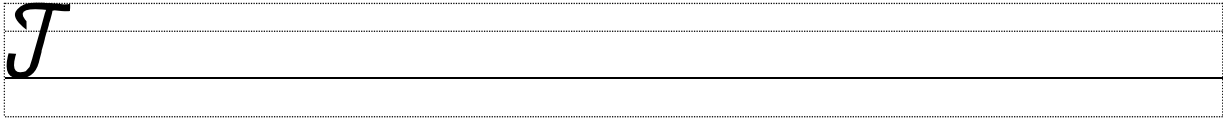
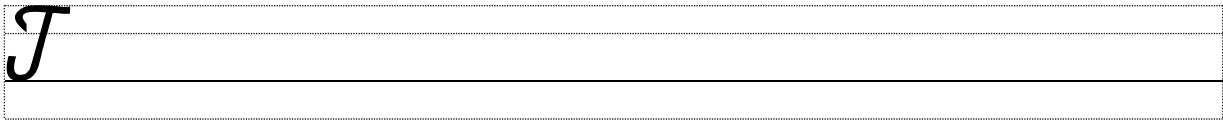
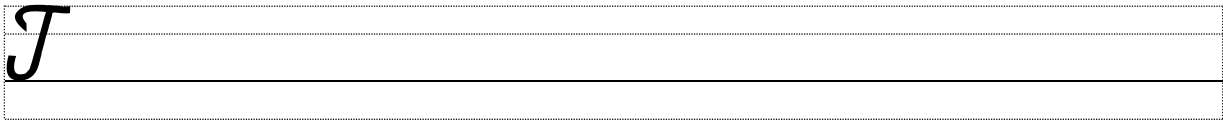
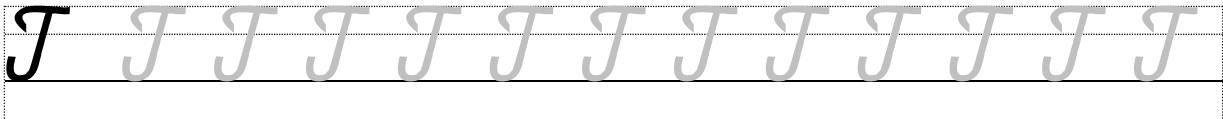
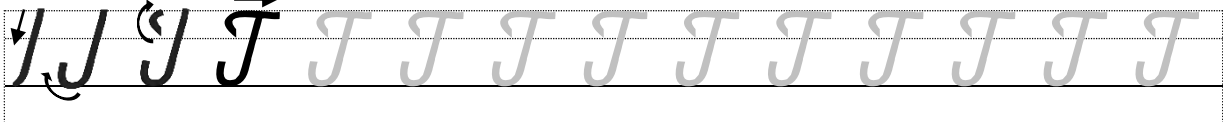
T: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

OPP, NED, OPP, KRØLL



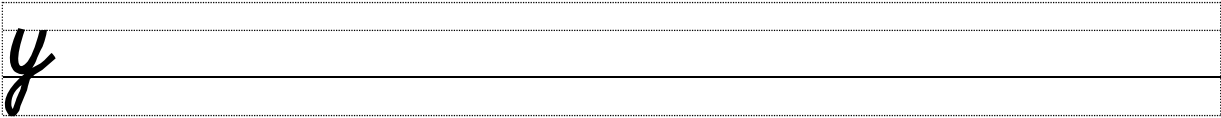
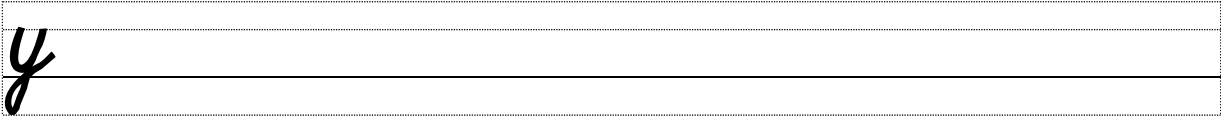
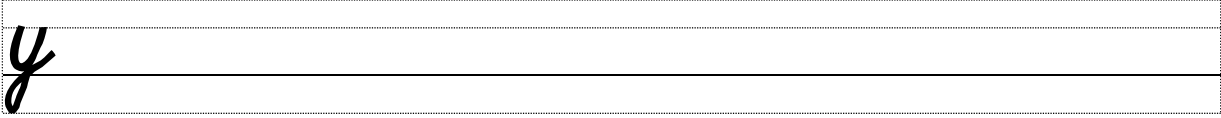
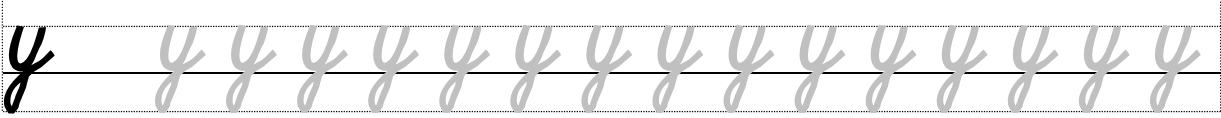
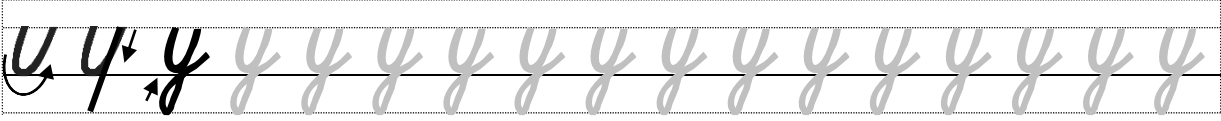
T: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

NED, BØY, SLIPP, BØY, RETT



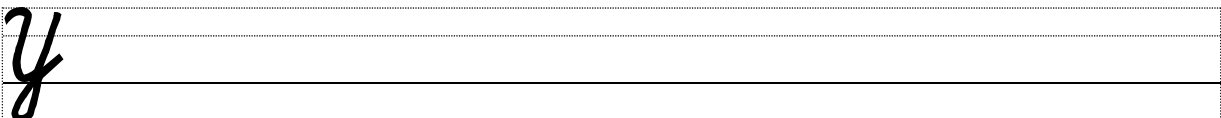
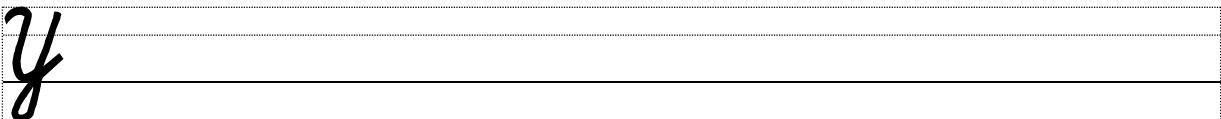
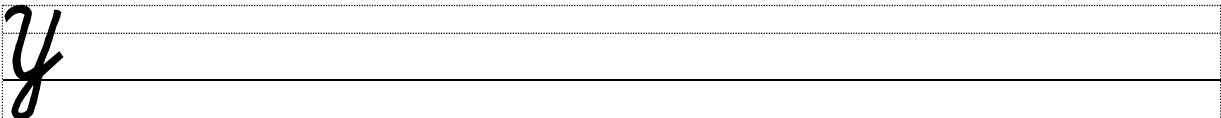
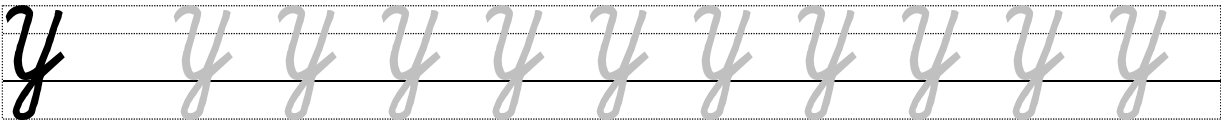
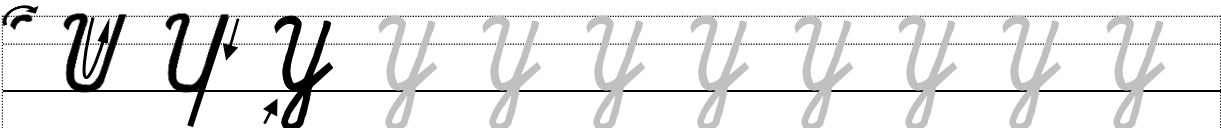
Y: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

SVING, DYPT NED, OPP



Y: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

BØY, SVING, DYPT NED, OPP



D: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

RUNDT, OPP, NED

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D: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

SKRÅTT NED, KRØLL, SVING

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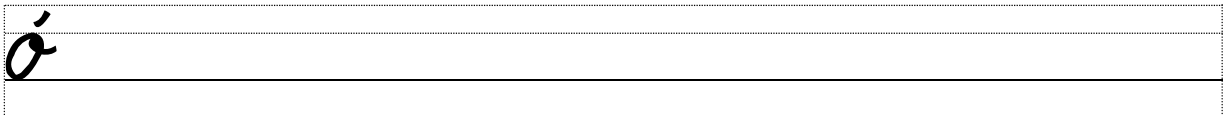
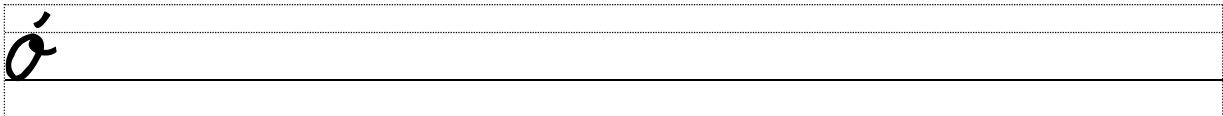
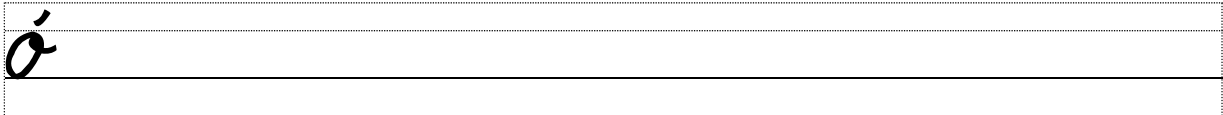
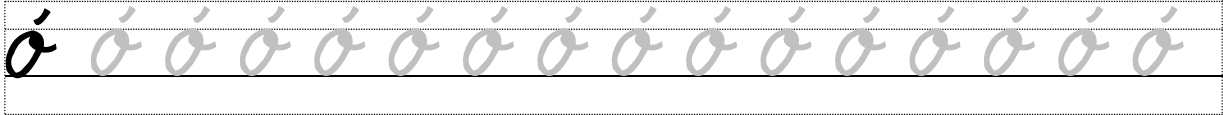
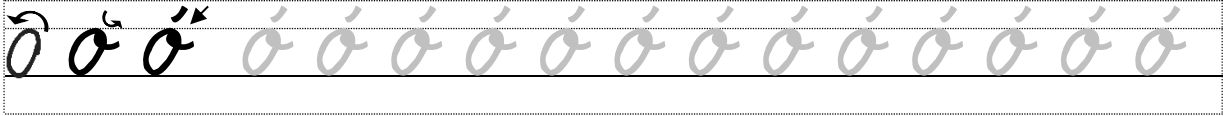
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Ø: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER

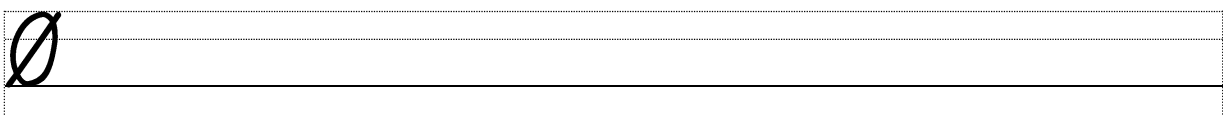
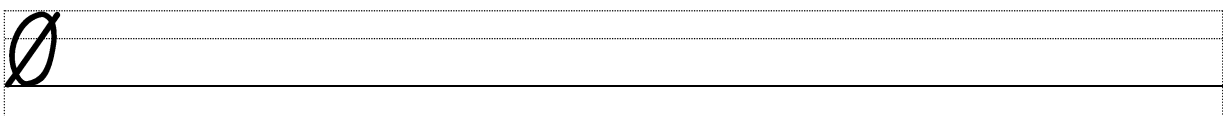
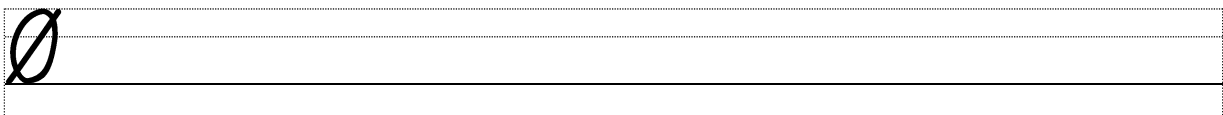
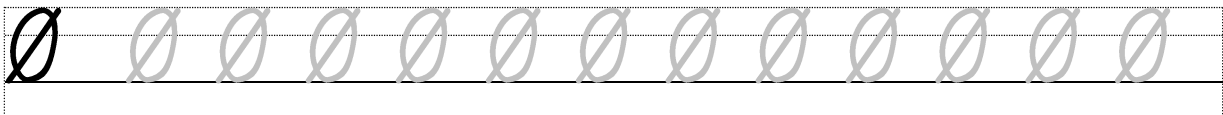
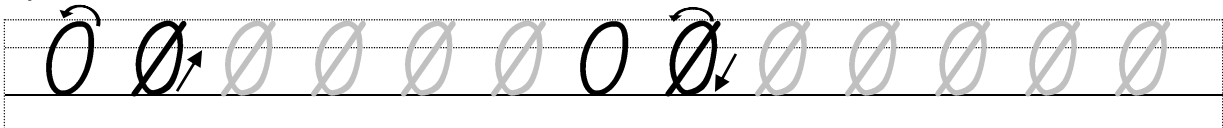
RUNDT, BØY, VENT, STREK



Ø: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

Høyre: RUNDT, SKRÅTT OPP

Venstre: RUNDT, SKRÅTT NED



B: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

OPP. NED. SVING. BØY

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B: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

SKRÅTT NED. SVING. SVING

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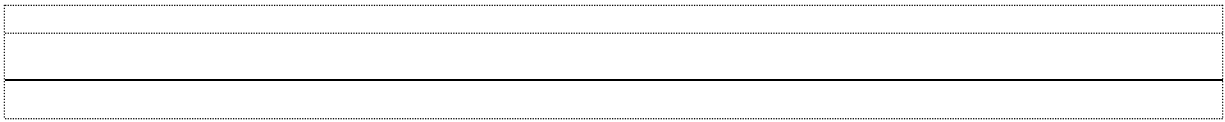
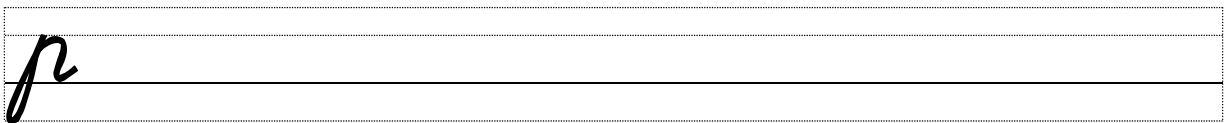
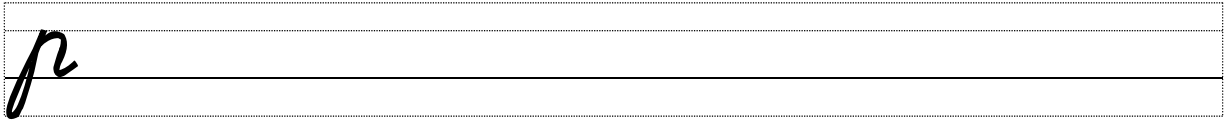
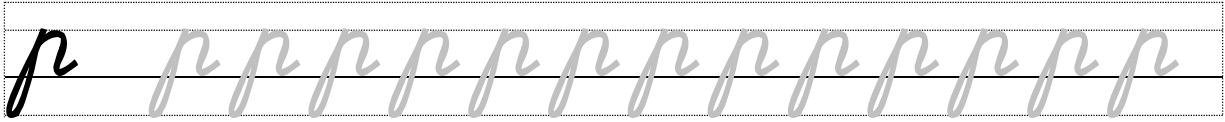
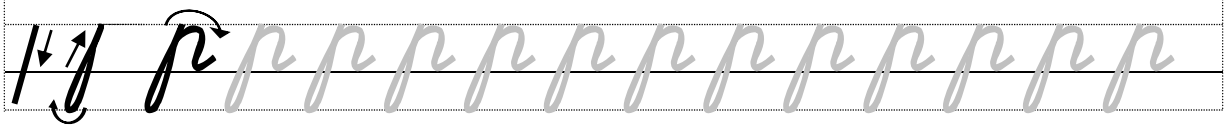
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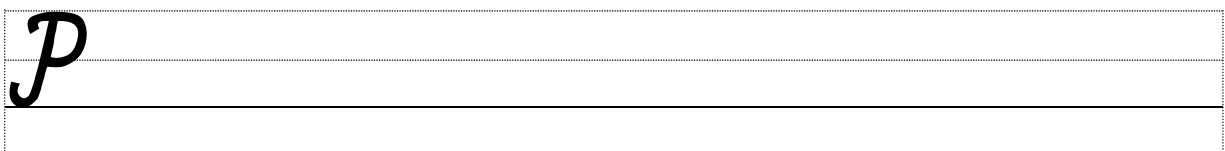
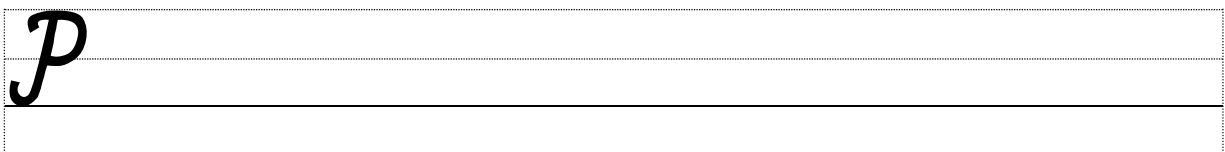
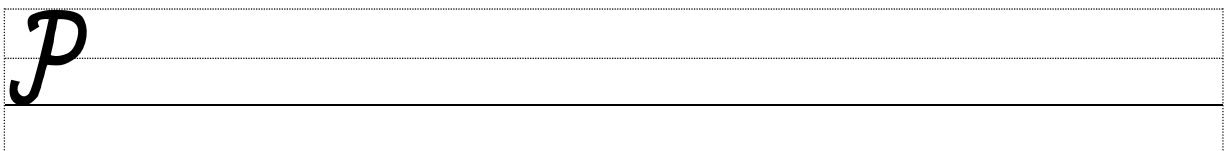
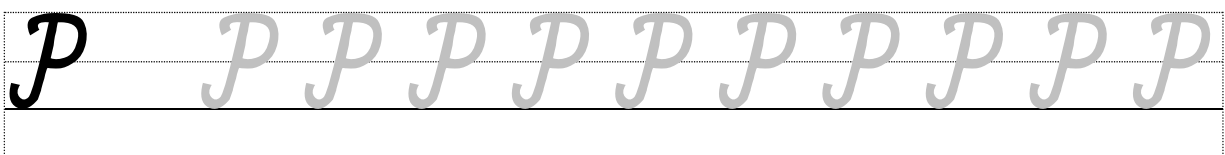
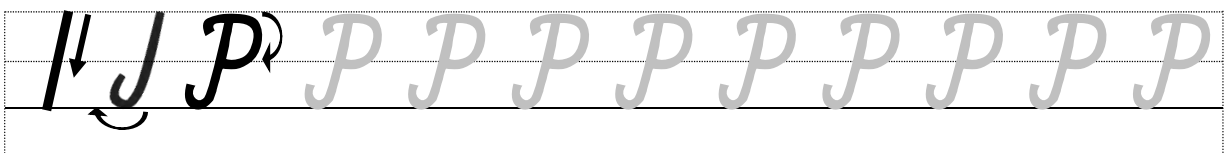
P: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

NED, OPP, SVING



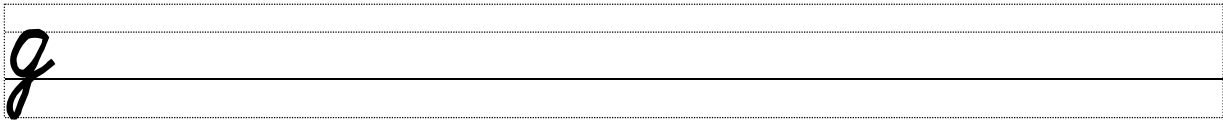
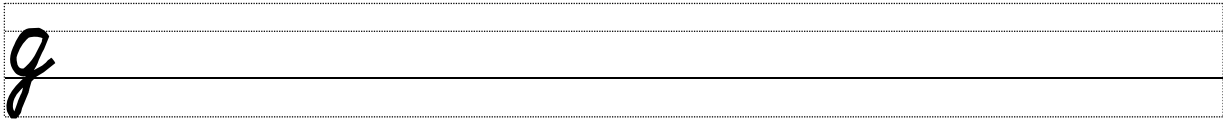
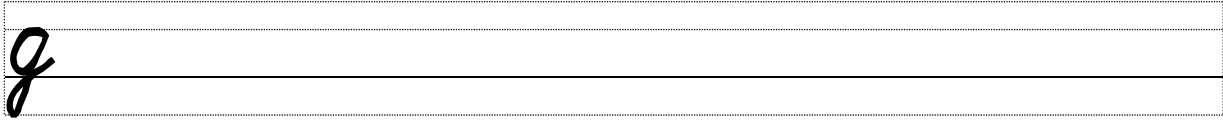
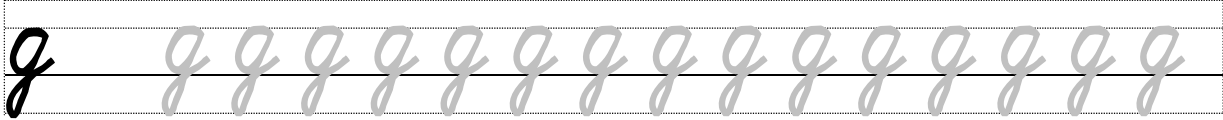
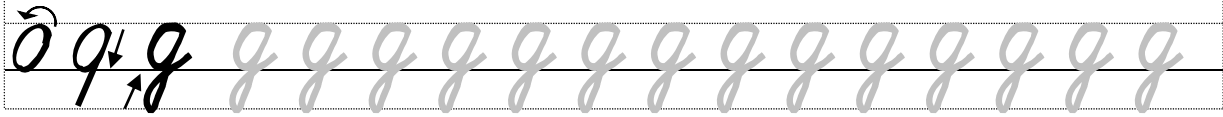
P: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

SKRÅTT NED, BØY, SVING



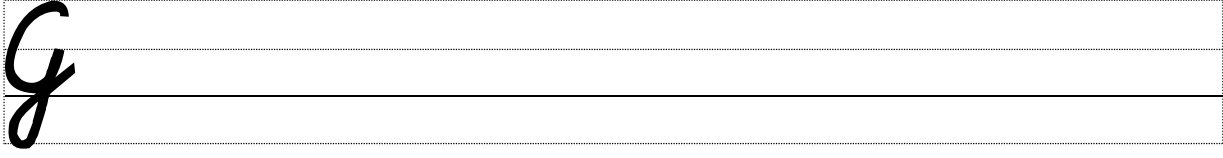
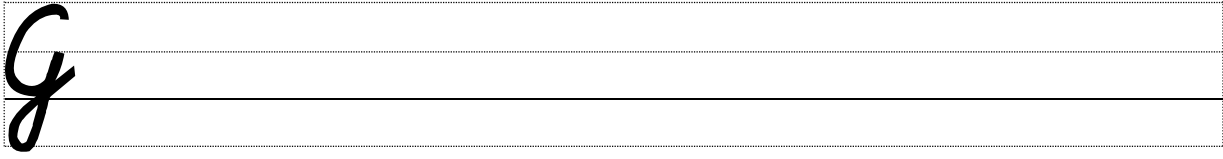
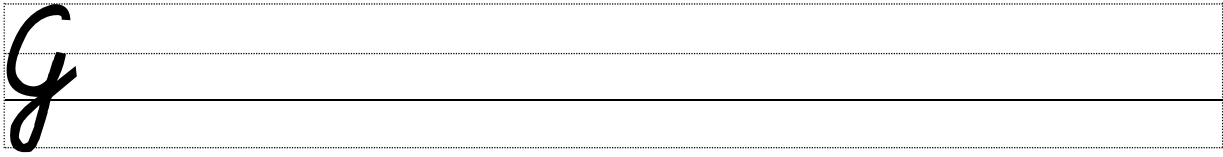
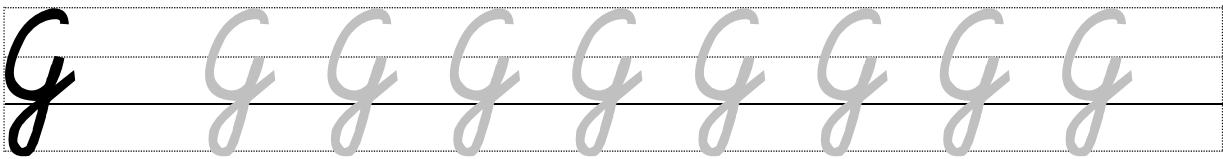
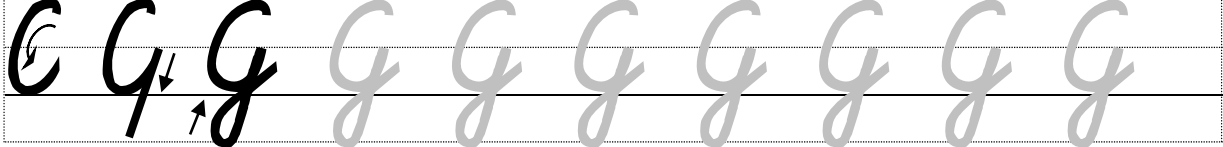
G: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

RUNDT, DYPT NED, OPP



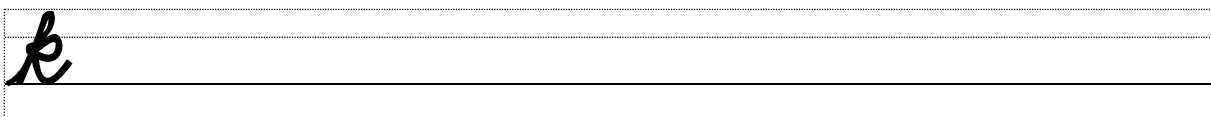
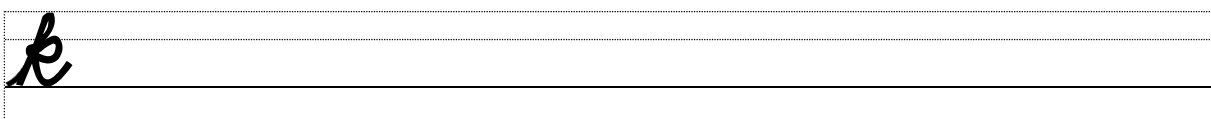
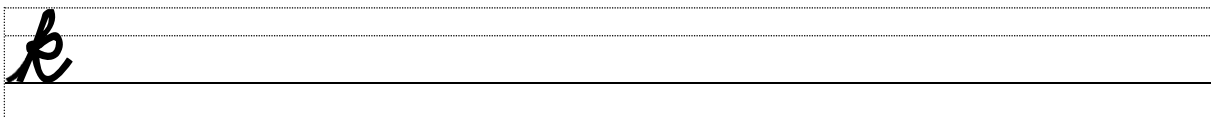
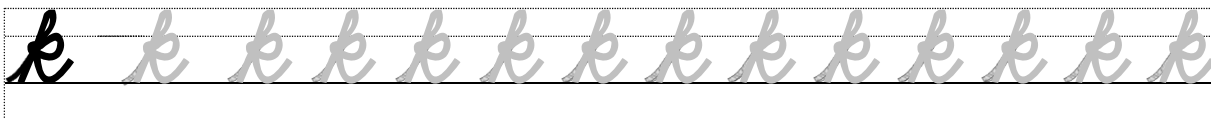
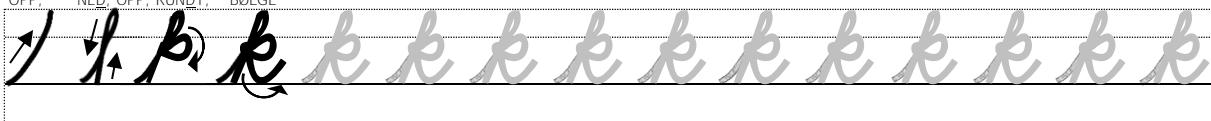
G: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

SVING, DYPT NED, OPP



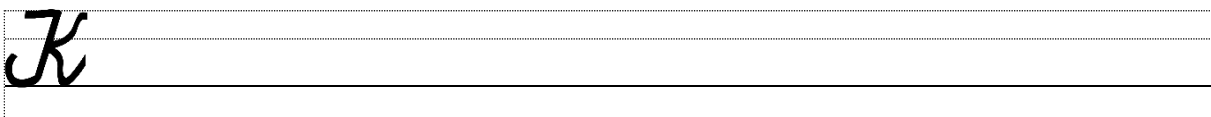
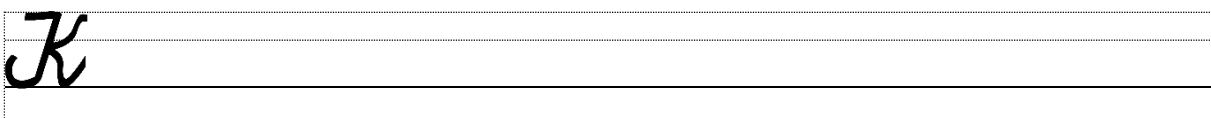
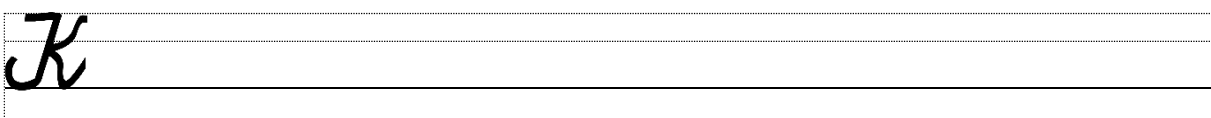
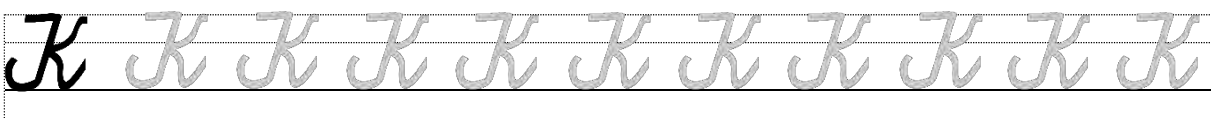
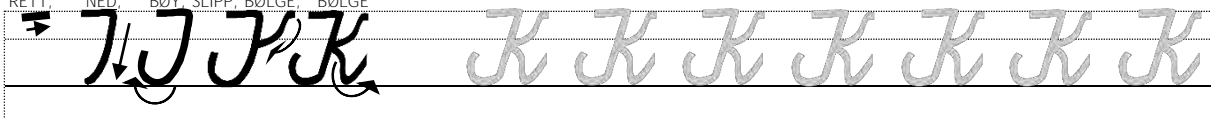
K: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

OPP, NED, OPP, RUNDT, BØLGE



K: SKRIV LØKKEBOKSTAVEN. SI BESKJEDEN TIL DEG SELV MENS DU SKRIVER.

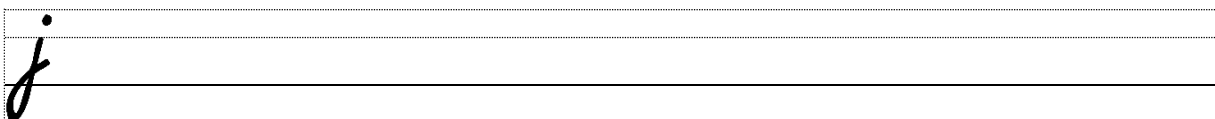
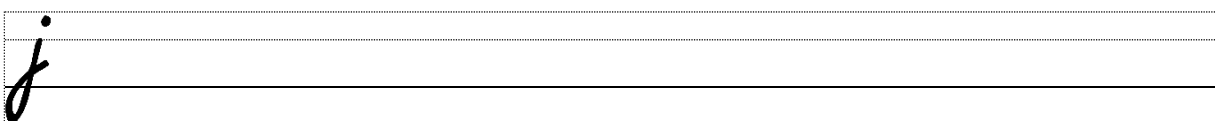
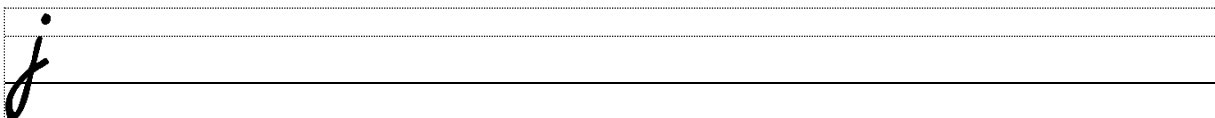
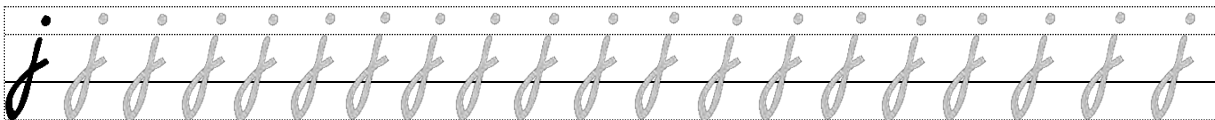
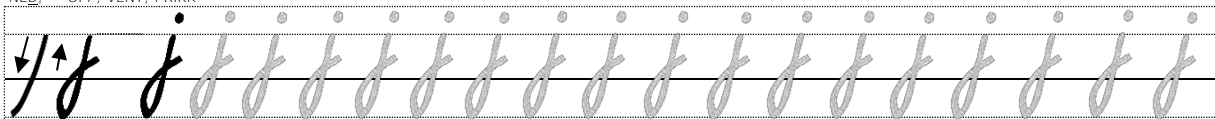
RETT, NED, BØY, SLIPP, BØLGE, BØLGE



J: Skriv løkkebokstaver. Si beskjeden til deg selv mens du skriver.

HUSK Å SKRIVE ORD MED j FERDIG FØR DU SETTER PRIKK.

NED, OPP, VENT, PRIKK



J: Skriv løkkebokstaver. Si beskjeden til deg selv mens du skriver.

RETT, DYPT NED, OPP, KRØLL

