

Handwriting

Supporting your child to develop pencil grip and fine motor skills

Handwriting is

- A visual skill
- Motor skill
- Knowledge of the shapes that represent letters
- How to hold a pencil
- Strength to hold a pencil
- A complex skill



Pre-writing

Mark making on a large scale – multi-sensory

- ✓ Big brushes and water on the wall
- ✓ Chunky chinks
- ✓ Large paper
- ✓ Sand
- ✓ Shaving foam



Developing upper body strength

Upper body strength is vital for writing. Here are some activities:

- ✓ Monkey bars
- ✓ Crab walking
- ✓ Wheelbarrow walking
- ✓ Star jumps
- ✓ Space hoppers
- ✓ Climbing
- ✓ Lifting
- ✓ Sitting football



Pencil grip

There are four stages to developing a pencil grip.

Please watch this video.

<https://youtu.be/o6OEquaH50s>

From Reception age please encourage your child to use the tripod grip.



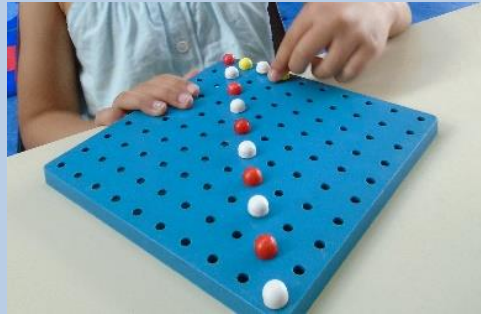
Basic shapes and movements

- Straight vertical lines
- Straight horizontal lines
- Circles
- Diagonals



To help your child develop hand strength and control here are some useful activities.

Using pegs



Glue patterns



Play dough



Hand control

Threading



Cutting



Scooping



Tweezers

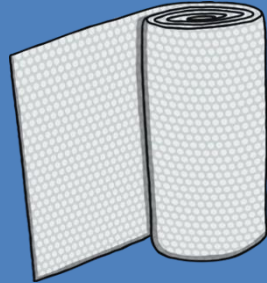


Now see it in action!

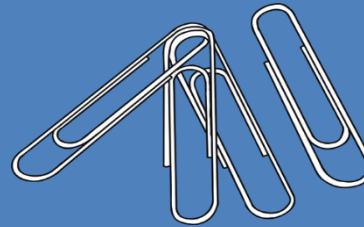


Here are some more activities you might like to try with your child.

How many bubbles can you pop with your fingers?



How many paper clips can you join together



Can you fill the paper with your fingerprints?



Can you fill the grid with circles and crosses? What pattern can you make?

○	×	○	○	×	○
○	×	×	×	×	×
×	×	○	×	○	○