

## Handwriting/Fine Motor skills ideas

### 1. Handwriting families

Remind your child of the correct starting position and the correct formation. Practise can be done with a paintbrush and water, chalk, coloured pens or pencils, writing pencils, highlighter pens or paint.



### 2. Triangular pencil

A triangular pencil is good for helping with pencil grip.

### 3. Pencil grip

Again this will encourage a good pencil grip and unlike the triangular pencil can be used on any pencil.

### 4. Fine Motor Skills activity cards

Cutting skills, tearing paper and even folding socks can help children's fine motor skills! These are invaluable for handwriting.

### 5. Follow the line activities

Do lots of pencil control activities. Your child must keep the paper in the same position at all times and not turn it around at any point.

### 6. Ideas for Dough Gym

Using any music you like, encourage your child to stand upright with their shoulders back but close to a table. Home-made play dough is more easily manipulated but shop bought will work too.

- First ask your child to roll the play dough with both hands, then moving from one hand to the other. Begin to roll the dough into a sausage shape again with both hands, then one hand, then the other.
- When the dough is rolled begin to pinch the dough with thumbs and index fingers, then moving through thumbs and other fingers in time to the music. When you get to using your thumbs and little fingers try coming back again. Reroll the dough into a ball shape.
- Holding the dough in one hand, raise hand into the air squeezing into a fist above your head. Then roll back into a ball and repeat for the other hand.
- Continue as long as the music lasts.

If there are any questions/queries about any of the tasks do let the year 1 team know and we will do our best to help you.