

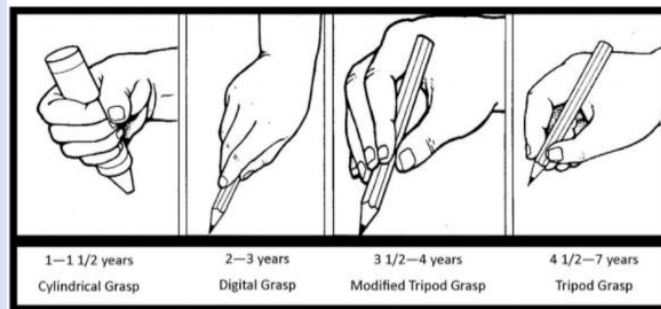


Hand Skills at Home

Pencil Grasp

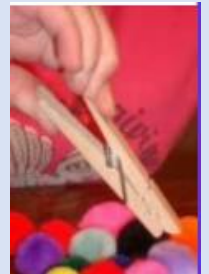
Why is it important? There are lots of ways to hold the pencil to produce neat drawings and letters, however some ways are more efficient in terms of the muscles that are then used so that we can write and draw for longer without discomfort or strain.

Order of development:



Tips and Activities

- Work at a vertical surface, for example, use an easel or tape paper to the wall/fridge
- Peg games – use your thumb and index finger to pinch the peg and place pegs on the edge of a container as fast as you can or use the peg to pick up pom poms
- Use small chunky markers and crayons where possible

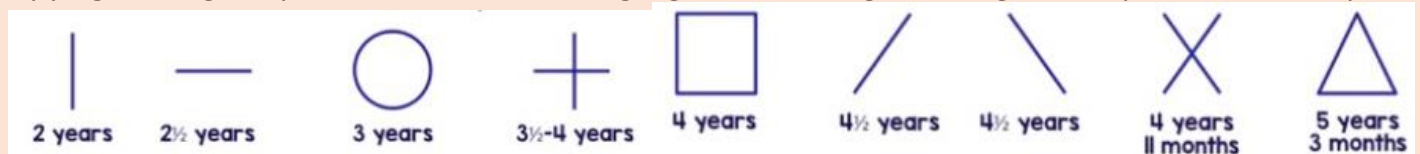


Drawing and Pre-Writing skills

Why is it important? Prewriting skills and drawing are the foundation for handwriting skills, including forming letters and organising writing on the page.

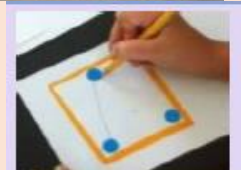
Order of development:

Scribbles → Purposeful Mark-Making → Imitation (watching you do it first and then giving it a go) → Copying (having the picture there, and having a go) → Forming (drawing the shape from memory)

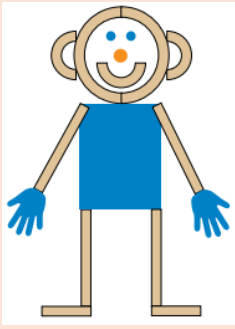


Tips and Activities

- Start with the easier shapes and move on to more challenging shapes
- Make the shape using sensory activities
 - Make out of ice-lolly sticks
 - Draw in shaving foam or sensory boxes
 - Use dots to help with where to start/stop
 - Make simple mazes, matching two stickers, in the shape that you are practicing
 - Find more ideas on Pinterest, YouTube and Instagram



- MatMan



- MatMan is a great way to teach your child to draw a person
- You will need to make and cut out the shapes required and watch the MatMan video/instructions on YouTube – search ‘MatMan’
- Start by building the person, like a puzzle, sing each part of the song
- Move on to drawing MatMan – draw one body part at a time for your child to copy, singing the song as you go



HWT Mat Man Song
363K views • 4 years ago
Julia Cory
Build Mat Man and sing along.

Pre-Scissor and Scissor Skills

Why is it important? Children use scissors at school for crafting, making and learning activities. Using scissors help to develop our ability to use both hands together in a coordinated manner

Order of development:



Tips and Activities

- Use small tongs to pick up items off the floor to tidy up or sort items
- Water the plants using a spray bottle (repurpose a spray bottle and fill with water)
- Start with cutting playdoh or straws then move on to card/paper
- Encourage your child to have their thumbs up – both the cutting hand and the paper-holding hand
- Keep your Christmas/birthday cards to practice cutting – it’s easier for children to cut card
- Start with smaller pieces, not full page, as this is easier to hold
- Make collages, rainbows, cards for others with the cut out pieces

