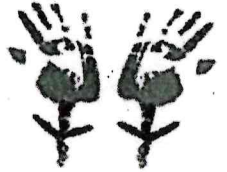




Pre writing skills

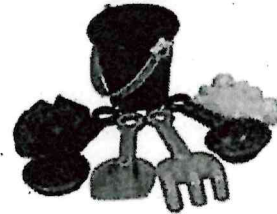
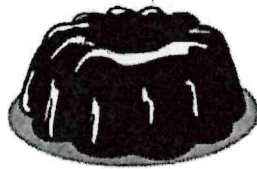
Messy play ideas:

Messy play is really important to help children understand their hands, their sensations and how they work.



Encourage them to play with and explore items such as:

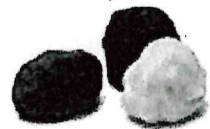
- @ Paint
- @ Shaving foam
- @ Water
- @ Sand
- @ Food



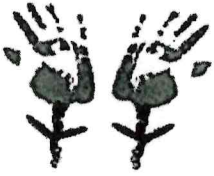
Messy play should be encouraged in a variety of positions to develop your child's shoulder stability in preparation for writing. For example:

- @ On their tummy e.g. chalk on the patio, painting on paper on the floor
- @ In kneeling e.g. large piece of paper secured on the wall, chalk board, shaving foam on mirror
- @ In standing – encourage them to: reach up high, cross their midline (body)

Fine motor development:



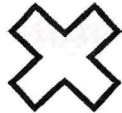
- @ Encourage your child to play with play dough, pinching it with their fingers to strengthen their hands, rolling it into a sausage and hiding things in it.
- @ Squeezing wet sponges and playing with wet sand will also help to strengthen their hands.
- @ Posting - picking up and posting small items into a jar, e.g. dried peas/pasta, and screw on the lid
- @ Pegs - place pegs on the edge of a box or onto a teddy, holding the peg in one hand.
- @ Art and craft such as ripping, scrunching and sticking tissue paper



Pre writing skills

Pre writing shapes:

Children need to be able to draw pre-writing shapes before they are able to form letters correctly. We first learn to go up and down, then side-to-side and then circles, then diagonals.



@ Start with large shapes e.g. in the air, on the white boards, floor or large piece of paper. Once they are able to form the shapes correctly then it will be easier for them to make the shapes smaller.

@ To start your child may need to draw over the top of your shape.



@ Encourage your child to make marks in different textures to practice their strokes, e.g. marking — | ○ in sand, using a paint brush, in dried lentils etc. You may have to help their by holding your hand over theirs.

@ Trace finger around shapes made of wool, craft sticks or cut out of sand paper.

@ Use a scarf as a streamer to make lines or circles in the air. It may help to use music and dance to reinforce the movements.

@ Once your child is competent and confident with large shapes, you can encourage them to draw them using pencils, crayons, chalk etc. they will probably need to watch you do this first and then copy the shape.

