

PRE-WRITING ACTIVITIES

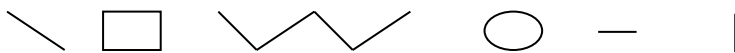
These writing activities are designed to allow the child to develop the necessary skills required as a base on which to develop pencil skills

WARM UP ACTIVITIES

1. Wiggle the fingers and shake the hands.
2. Spider push ups- put the tips of your fingers together. Push in and out to do push ups with your fingers.
3. Magic writing gloves - put your magic writing gloves on. Start at the top of each finger and put heavy pressure down the finger. An adult may like to do this for the child so they can make sure the appropriate amount of pressure is being administered.

Individual activities

1. Sprinkle e.g. dry sand, lentils, talc, flour on a tray and encourage the child to draw patterns with their fingers, then get them to copy your designs e.g.



or write letters and numbers

2. As 1 but use shaving foam,
3. As 1 & 2 but use a stick or pencil to draw the patterns,
4. Draw patterns, as 1, outdoors on slabs etc using chalk
5. Use chalk or crayons to make patterns on paper, as in 1.
6. As 5 but place the paper on top of sandpaper, corrugated paper etc, to give it increased texture and feedback.
7. As 6 but draw directly on top of sandpaper, textured paper/card.
8. Roll out play dough into a snake and use it to make the shapes in 1.
9. Encourage the child to 'feel' the shape by tracing over it with their fingers.
10. Use e.g. ropes, ribbon etc and make shapes on the ground as 1.
11. Ask the child to walk over the patterns, then walk beside the pattern, then walk the pattern without the visual prompt.
12. Use a long ribbon or streamer to make patterns in the air, then copy your patterns.

13. Glue string, wool etc onto paper or card and get the child to trace over it with their fingers,
14. As 13, cover with paper and rub with crayons over the string pattern. Do brass rubbings over other textured surfaces etc.

SCISSOR SKILLS

Before being able to use scissors your child needs to be able to open and close their hands and isolate their fingers. Try the following activities to develop these skills:

ACTIVITIES TO PRACTICE OPENING AND CLOSING HANDS FOR CUTTING

- Use water pistols, bulb squeezer or spray bottle to aim at close targets e.g. bubbles in a basin, self in the mirror.
- Use water pistols etc to wash the windows, water the plants.
- Using salad or barbecue tongs lift beanbags or small beanie toys from one pile to another, or post them into a box.
- Hide small toys in dry sand, pulses, etc and use the tongs etc to lift them out.
- Using a hand held hole punch make holes in the paper. This helps to build strength in the hand.
- Using large tweezers to pick up cotton wools, balls etc
- Peg games – encourage your child to place pegs around side of a box.
- Popping bubble wrap

CUTTING ACTIVITIES

- Roll out play dough into a thin 'snake', use the scissors to cut into little 'snakes'.
- Practise snipping straws, paper etc, gradually move onto softer materials e.g. wool
- On paper draw a straight line and place small stickers along it, ask the child to cut from sticker to sticker.

- Make straight lines of holes close together in the paper and cut from hole to hole, increase the distance of the holes as the child's co-ordination improves.
- Draw a straight line and ask the child to cut along it.
- Using coloured paper ask the child to cut strips, then link into circles to make a paper chain