Writing support ideas

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| **Finger warm up**LI: to loosen fingers to build dexterity | **Fine motor skills- clothes pegs**LI: to improve finger dexterity and develop a pincer grip | **Fine motor skills – lego/duplo**LI: to improve finger dexterity and develop a pincer grip |
| **Resources –** youtube: dough disco. There are plenty of different videos to watch. Playdough or soft toy or bean bag. | **Resources-** clothes pegs and item of clothing/piece of material | **Resources-** Lego, duplo or sticklebricks or similar. |
| **Setting Up-** if you don’t have access to the internet then it is just a series of movements squeezing and releasing the fingers aimed at warming them up and loosening them, so it is easier for your child to hold a pen. | **Setting Up-** put the clothes pegs on the material | **Setting Up-** build a tower of lego |
| **Activity**1. Copy the actions with first one hand and then the other.
2. This should last up to 5 minutes to warm up the fingers.
 | **Activity -** 1. Ask your child to take all the clothes pegs off.
2. Repeat.
3. If your child finds this easy then see if they can put the pegs on the material for you to take off. To make it more fun you could turn it into a race – who can get their pegs on/off first?
 | **Activity -**1. Ask your child to take it apart.
2. If they can do this then can they build towers for you to pull apart?
3. Who can build the tallest tower/take their tower apart the quickest?
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| **Fine motor skills – scrunching paper**LI: to build up strength in the fingers | **Mark making**LI: to build up confidence in making marks using a variety of materials | **Writing**LI: to build up control when mark making |
| **Resources-** paper | **Resources-** a variety of different materials can be used: sand, shaving foam, tea, hot chocolate powder. If your child doesn’t like using their fingers then can always use sticks, paint brushes or similar. | **Resources-** large chalks, chunky crayons or pencils, paint and brushesOr a paint brush and bucket of water for in the garden (on fences or walls). |
| **Setting Up-** demonstrate scrunching up the paper and flicking it across the floor with your finger | **Setting Up-** if you have a tray you can use then this contains the powder a bit, otherwise a table top. This activity is useful because the child can easily make marks without having to press too hard. | **Setting Up-** chalks and paint & water can be used outside on fences or the patio. |
| **Activity-** 1. Encourage your child to scrunch up the paper as tightly as possible and then use 1 finger to flick it.
2. This could be turned into a game and see who canflick the paper the furthest.
 | **Activity -**1. Demonstrate making marks – lines, circles, zigzags – with your fingers.
2. Don’t worry about writing words unless your child wants to – this is more about having fun while making marks.
 | **Activity -** Model writing lines, zigzags, spirals, circles1. Encourage your child to make their marks as large as possible – this builds up their co-ordination before moving to smaller work.
2. Make the activity as fun as possible.
3. Model how the letters are formed when writing their name.
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