

Helping your child at home with writing

Making bodies stronger

Lie on tummy on the floor to read, write, play on electronic games, watch TV

Sit on the floor to play

Chair push-ups, pull-ups on monkey bars, the plank

Using scissors, knives and forks, playing clapping games

Using playdough and plasticine — rolling, pinching, squeezing using different parts of the hand

Holding the pencil

Practice picking it up

Learn and practice the Pencil Checks

Use optimal sizes and shapes of writing tools (small diameter with triangular cross sections)

Learning the letters and their families

Lower-case letters

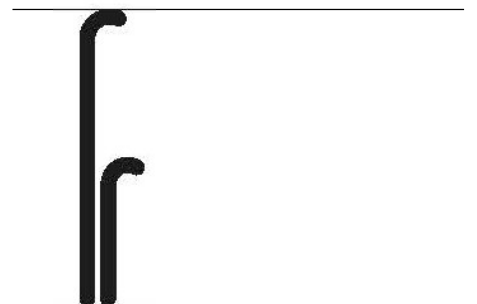
| | |
|-----------------------|---------------|
| Jumper Family | h n m b r p |
| Abracadabra Family | c a o d s q g |
| Window Cleaner Family | l t i u |
| Fisher Family | y j f g |
| Squirter | e |
| Slider family | k v w x z |

Upper-case letters

| | |
|-------------------------|-------------------|
| Straight lined group | I L E F H T |
| Curved line group | C O S G Q |
| Lines with Curves group | D P B R J U |
| Sliding lines group | A M N K W V Z X Y |

Using the tree

When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their proportions.



The Pencil Song

To the tune of the Hokey Cokey



You get your Hol-ding Fin-gers rea-dy and pick your pen - cil up,



You tip it back to lay a-cross your hand.



You put your pil-low fin-ger un-der to keep poor Cur-ly safe



That's your 3 Friends Hold



Whoa! Hol - ding fin-gers op-po-site Can you see some green leaf?



Pil - low fin-ger un-der Pen back, wrist bent, hand rests down

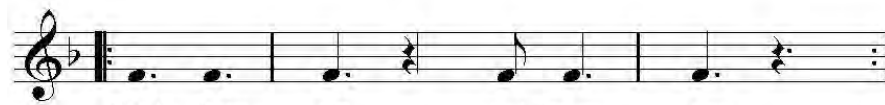
Rhythmic Rap for Pencil Workouts



Do your pen - cil work out In Out In Out



Roll it a - way and roll it back



Walk them up and then down

Making bodies stronger - Working/Listening Positions



Gorilla



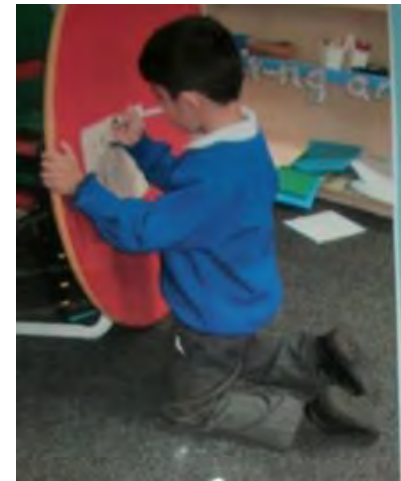
Penguin



Lizard



Stone Lion



Meerkat

Making Bodies Stronger: The Plank, Chair push-ups



The Plank

**How many?
How long?**



Chair push-ups

Making bodies stronger: - Forearms and wrists - Crawling activities and clapping games

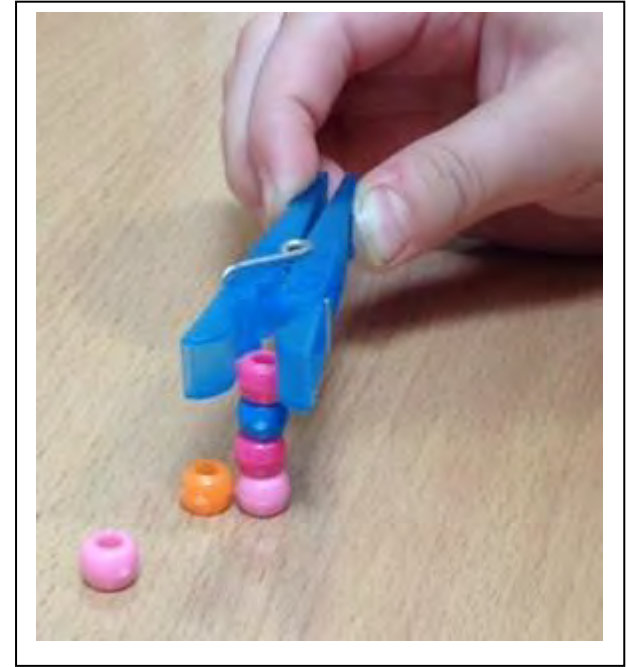


How quick?
How complicated?

Fingers – Using pegs and bands



How long?



How accurate?

Kinetic Letters

