

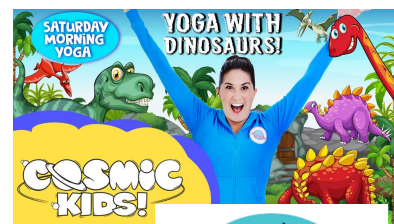
## Burlington Infants and Nursery School - Fine motor and writing practice

Fine motor skills practice helps your child's hand strengthen and grow to help be able to draw, write, use scissors, paint brushes and tools, fasten their zips and buttons and pick small things up.

**1. Gross motor first** - to be able to sit and control all their hands a child needs strong tummy muscles.

**Outside**- run, jump, climb, play ball games, gardening, cycling, scootering.

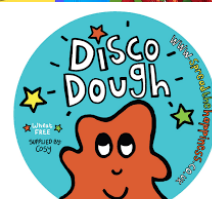
**Inside** - dance, do Cosmic kids yoga, tummy time - lie on their tummies to draw and play games, help with cooking (stirring, mixing).



## 2. Hand strengthening activities

**Playdough** - Buy or make playdough. Do the Playdough Disco 'roll, splat, squeeze'

<https://www.youtube.com/watch?v=BOLR3pQ+8zg>



**Picking up, moving and connecting small objects**

Jigsaw puzzles, lego, using kids tweezers, threading beads or pasta tubes on string, peg boards.



**Art and craft projects**

Sticking with tape, glueing, junk modelling, cutting, colouring, painting, hammer and nails, cooking, threading, gardening.

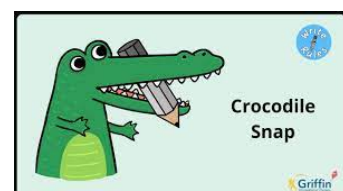


## 3. Messy mark making

Use chunky chalk outside, use fingers in sand or mud, tummy time drawing on paper on the floor, roll toy cars in paint and make marks with their wheels, paint with sponges, hands, make marks in flour, make marks using sticks in the woods/park.

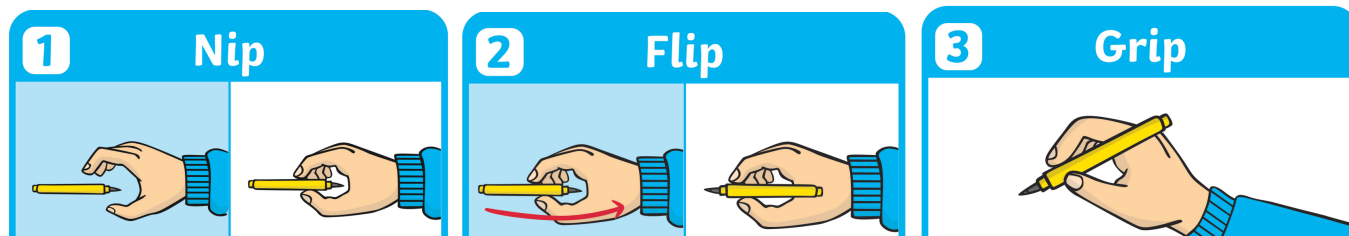
## 4. Hand exercises

Use the crocodile snap video to do hand and finger strengthening exercises ready to hold a pencil. <https://www.youtube.com/watch?v=N6kPcQSSsEY>





## 5. Early writing

**How to pick up and hold a pencil**



**Drawing and writing**

Draw using shapes, stencils, learn to write lowercase letters using the Little Wandle 'formation phrase'

Grapheme and mnemonic	Picture card	Pronunciation phrase	Formation phrase
 s		Show your teeth and let the s hiss out ssssss ssssss	Under the snake's chin, slide down and round its tail.

See sheet or Little Wandle website.



**Learn to write their name** - in lower case with capital letter only for first letter.