

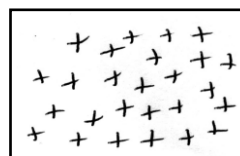
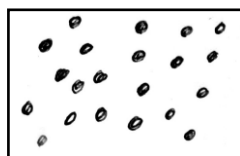


Finger Movements for more Precise Pencil Control

Children begin to write using bigger whole arm/hand movements. They then need to be able to move their fingers (thumb, index and middle), independently from the rest of the hand, we call this distal finger control. These smaller movements of the hand will be important for the child for cursive writing.

Activities

- Roll out a piece of playdough. Push a pencil in and round to make a "crater".
- Roll out a piece of playdough and with a pencil make as many dots as you can within a set time.
- Roll out a piece of playdough, place a sheet of paper with dots drawn on it, over the top then, with a pencil press through the paper into the playdough.
- On a piece of paper make as many dots or crosses as you can.



- Make spirals.



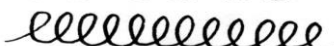
- Make fans.



- Make stars.



- Make rows of small patterns.



- Bubble wrap - how many can you pop with a pencil?

N.B. With all the activities encourage the child to **keep their wrist still on the table**. It may be necessary for an adult to apply some **gentle pressure to keep the wrist still**.

