

Writing in the Early Years

Gross Motor skills

In order for a children to pick up a pencil to write it is vital that they have strength and stability in their larger muscles - Gross motor. Our brains insure that large muscles work first. So writing isn't all in the wrist and hand it involves the whole body.

Stability grows from the trunk to shoulder to elbow to wrist then hand.

So we work on developing muscles in the shoulder, elbow and wrists first.

Activities that develop the Gross motor skills:

- Dough Gym
- Ribbons
- Animal Walking
- Lying on the floor or tummy to draw
- Pushing cars along on hands and knees.
- Paintbrushes and water on fence.
- Painting on the floor with rollers.
- Sweeping the floor
- Lie on their backs and pretend to fix a car
- Climbing, hanging, swinging, holding their own body weight and any high energy activities that build strength in the upper body.

Fine Motor skills

Involves all the smaller muscles such as those in the hand. It also includes co-ordination of the actions of the hand and eye together. Also known as hand eye co-ordination. Handwriting - is all about good physical stability and posture, good grasp and correct hand placement.

Activities to develop muscles in the hand, hand-eye coordination and a correct and efficient grasp:

- Funky fingers -Coins in a slot
- Puzzles with knobs
- Squeezing with pipettes
- Tweezers
- Threading
- Spoons and cups with rice and beans
- Clothes pegs
- Pinching dough to find hidden gems
- Screwing nuts and bolts
- Spinning spinners
- Toothpicks to punch holes in a piece of card

