

Dear Kindergarten Parents,

We will be starting handwriting very soon. Please work on the following skills with your child at home. Good handwriting is an important building block that helps support a strong foundation for academic success. This will not come through incidental learning but through imitation, copying and practice. Thank you!!!

Mrs. Terpening

How to Grasp a Pencil Correctly

Tripod Grasp: The pencil is held with the tip of the thumb and index finger and rests against the knuckle of the third finger. The thumb and index finger should form a circle.

Writing is more than just good fine motor skills. Children should be encouraged to sit with:

- Feet flat on the floor or supported surface (no dangling).
- Bottom scooted all the way back in the chair
- Sitting straight and tall in the chair
- Writing surface at elbow height
- Non-dominant hand on the desk, working as a "helping hand" to stabilize the paper.

Paper should be positioned so that the bottom edge is parallel to the desk.

***** Attached is a list of things you can do at home to help develop the fine motor skills needed for good handwriting.

Parent Suggestions

Fine Motor Activities for Home

Although children use fine motor skills at home everyday to dress, clean up their room etc., parents can help their children refine their fine motor skills in a number of ways.

- ✧ Lacing and threading activities
 - Tying shoes
 - Stringing beads, macaroni, washers, etc.
 - Punching holds in cardboard or paper using a hold punch
 - Lacing and sewing activities

- ✧ Stacking and building activities
 - Stacking household items like washers, coins, plastic containers, etc.
 - Stacking building blocks
 - Playing with commercial construction toys

- ✧ Winding, twisting and screwing activities
 - Playing with wind-up toys
 - Screwing and unscrewing jar lids
 - Playing with work bench toys

- ✧ Commercial games
 - Marbles
 - Jacks
 - Perfection
 - Ants in the Pants
 - Operation
 - Don't Spill the Beans
 - Hand held video games
 - Cards games

⤴ Puzzles

⤴ Drawing Activities

- Writing or drawing on a white board/easel with white board markers
- Writing or drawing on a chalk board/easel with chalk
- Drawing with crayons and paper
- Drawing with stencils
- Finger painting
- Drawing in shaving cream
- Painting
- Drawing with Sidewalk Chalk

⤴ Cutting, tearing and folding activities

- Using scissors to cut different paper and materials
- Folding paper
- Wrapping presents
- Tearing paper for art projects