



# Handwriting

Lucy Gray

Writing Lead

# Things to remember

- 'Handwriting' experience starts early
- Pencil grip, posture
- Letter formation
- Number formation

# 'Handwriting' starts early

- Preparation for handwriting involves developing four key areas:
- 1. Gross motor control: The control and co-ordination of the big movements the body can make.
- 2. Fine motor control: Being able to fine-tune the movements of the arm, hand and fingers.
- 3. Visual control: Making sure hand and eye movements are working well together.
- 4. Spatial control: To be able to move confidently in a space with an awareness of direction (left/right) and plane (horizontal/vertical) and then being able to transfer that sense of space on to paper.

# Early handwriting

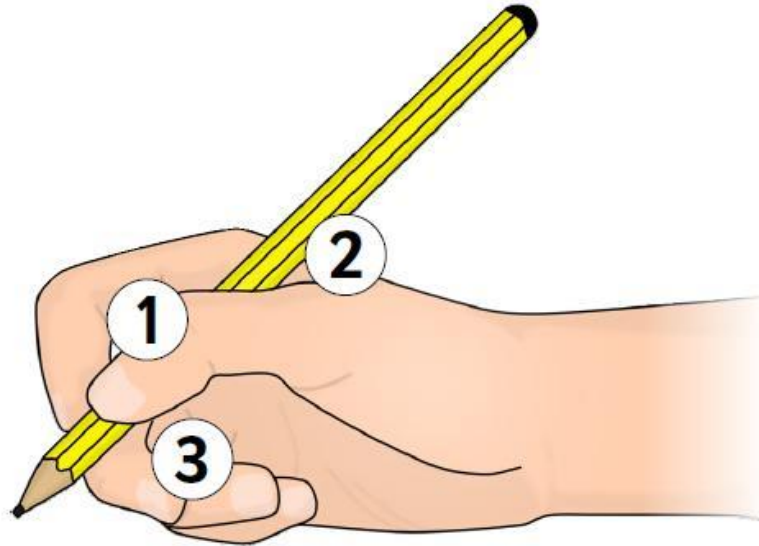
- As part of developing confidence in these key areas, help your child explore and investigate patterns and basic letter shapes.
- \* Dots
- \* Straight lines and crosses
- \* Circles
- \* Curves, loops and waves
- \* Joined straight lines and angles patterns
- \* Eights and spirals

# Help at home

- Play with balls of different sizes, e.g. kick, catch, throw and bounce.
- Play with hoops, frisbees and stilts (the upside-down flowerpot kind).
- Encourage play on climbing frames, slides and swings in the park.
- Play with large scale building kits (e.g. duplo, marble run, polydron, playstix, octons).
- Enjoy finger rhymes (e.g. Finger Family, Five Little Men in a Flying Saucer, Ten Green Bottles).
- Encourage your child to make things and model things (e.g. cutting, sticking, moulding, cooking, sewing and threading) using a range of materials (e.g. playdough, plasticine, beads, pegs).
- Encourage your child to experiment with a range of tools and equipment (e.g. pens, pencils, crayons, felt tips, scissors, paint brushes, rollers, stamps, hole punches and tweezers).
- Share jigsaw puzzles and board games.
- Provide opportunities for painting, colouring and 'making marks' on different sizes of paper.
- Enjoy household tasks together (e.g. mixing ingredients with implements or hands, using a dustpan and brush, hanging out washing with pegs, scooping compost into plant pots and digging in the garden).

# Pencil Grip

## How to Hold a Pencil



1. Put your thumb and forefinger just above the cone shaped part of the pencil.
2. Let the pencil rest between your thumb and forefinger.
3. Then put your middle finger underneath for support.

# Posture and writing angles

- Feet flat on the floor
- Chair legs touching the ground
- Sitting up straight
- Body a fist width away from the table
  
- Tilt the paper slightly to the side
- Use your other hand to keep the paper in place
- Left handers – write underneath what you've already written

# Letter formation

- Very important for neat writing later
- Reading back over and confidence
- Avoid capital letters for now
- Value all efforts to write but try to correct letter formation when possible





# Letter formation families

- Curly caterpillar
- Ladder
- One armed robot
- Zig zag monsters

# Letter Formation

c a d g q e s f o

l i t j y u

r b n h m k p

v w x z

