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Activities for hand strength

- Place pegs on a line
- Play with playdough
- Tear paper
- Pull apart construction bricks
- Squeeze a cloth
- Mix with hands
Make a ‘mountain’

Squash ‘bugs’

Hide your thumb

Squish balls

Squeeze

Roll a ‘snake’
Learning to hold a pencil

Hold in the fist

Start to hold with fingers

Hold with the thumb, pointer and middle finger

Hold with the thumb, pointer and middle finger and use small movements
Learning to write

1. Mark paper
2. Scribble
3. Draw single strokes
4. Draw crosses and zigzags
5. Draw shapes and letters
6. Write name
Tips for writing

Try sitting at a table

Draw top-to-bottom lines
Say, “Down”

Draw left-to-right lines
Say, “Sideways”

Draw anticlockwise circles
Say, “Up and around”

Draw in between and on lines

Join dots
Using a pinching (pincer) grasp

- Pick up small pieces of food
- Pinch playdough or pegs
- Hold onto small knobs
- Tear packets or paper
- Peel off stickers
- Post objects

Please note: items smaller than a D-size battery are a choking risk
Learning to cut

1. Open and shut scissors
2. Snip paper
3. Cut along a straight line
4. Cut along a curved line
5. Cut out shapes
6. Cut out simple pictures

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Use spring scissors to snip

When able, cut without spring

Try to cut thin card first

Next, try to cut paper

Keep thumbs on top (scissors and paper)

Thick lines are easier to cut than thin lines
Building Muscle strength

- Wheelbarrow walks
- Carry heavy objects
- Flying fox and monkey bars
- Tug of war
- Push and pull objects
- Arm wrestles
Prewriting Patterns

Prewriting patterns are the stepping stone that children can learn before they start writing letters and words. Prewriting patterns can show children the correct method for writing correctly and efficiently. There are five different prewriting patterns, these include:

- Vertical lines which start at the top and go downwards
- Horizontal lines that go from left to right
- A circle that starts at approximately 2pm and go anticlockwise in direction
- Jagged lines that go up and down
- Round lines that are joined together

For free activity sheets on all of the prewriting patterns visit