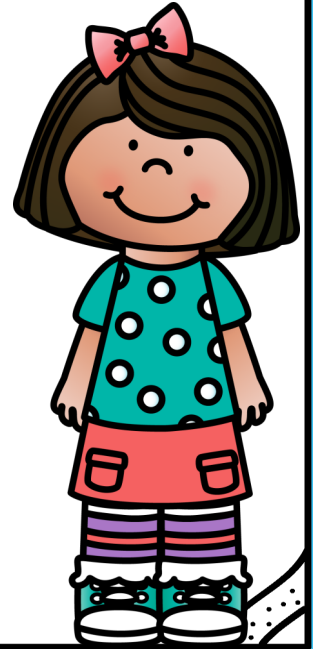


NAME WRITING

Focus: Correct formation of the letters in their name.

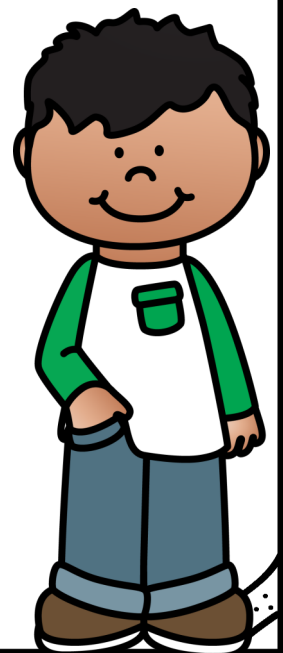
Activity: Help your child to write their name. Encourage them to hold their pencil correctly, and focus on starting each letter from the correct place.



PLAY DOUGH LETTERS

Focus: Correct formation of letters

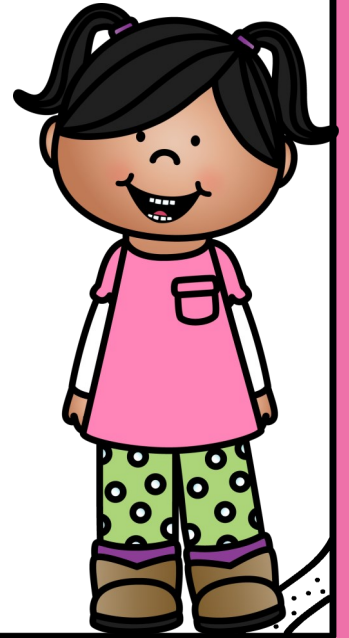
Activity: Encourage your child to roll out long snakes of play dough. They will then use the snakes to form letters. You may like to help them form the letters in their name. Talk about the shape of each letter - eg this letter has a long line down and then a short line across the middle.



LETTER TRACING

Focus: Correct formation of letters.

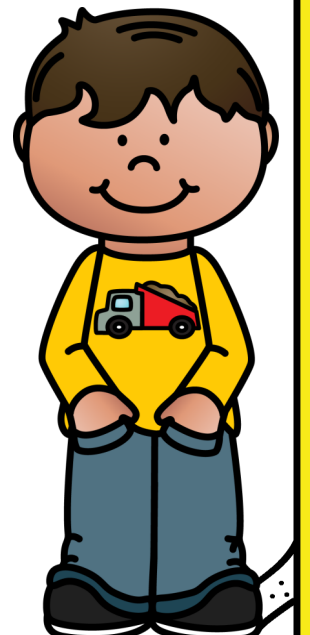
Activity: Help your child to place the gems, buttons or beads along the outline of a letter. Focus on beginning at the correct starting place.



SAND WRITING

Focus: Pre-writing skills and correct formation of letters.

Activity: Using a pop stick, pointer or their finger help your child to copy the patterns or letters from the cards into the sand in the tray.



PAINT BAGS

Focus: Pre-writing skills and correct formation of letters.

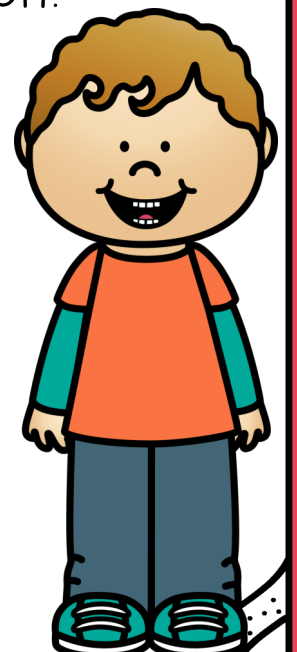
Activity: Using a soft cotton tip help your child to copy the patterns or letters from the cards onto the top of the paint bag. Take care not to press too hard or a hole may appear!



STRAW THREADING

Focus: Pincer grip - using the thumb and forefinger together, and hand eye coordination.

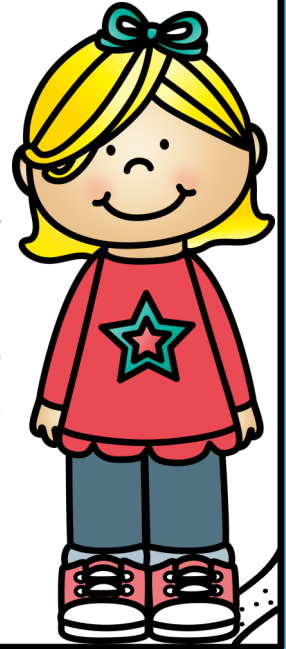
Activity: Hold the pipe cleaner in the “helper hand”, and use the dominant hand to thread pieces of straw onto the pipe cleaner. Encourage your child to pick up and hold the pieces of straw with a pincer grip.



LACING CARDS

Focus: Hand eye coordination.

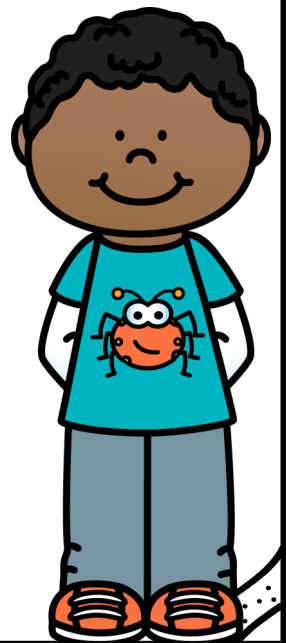
Activity: Encourage your child to independently thread around the shape using an over/under pattern. Once completed ask them to reverse the stitching until they return to the beginning.



POSTING

Focus: Hand eye coordination.

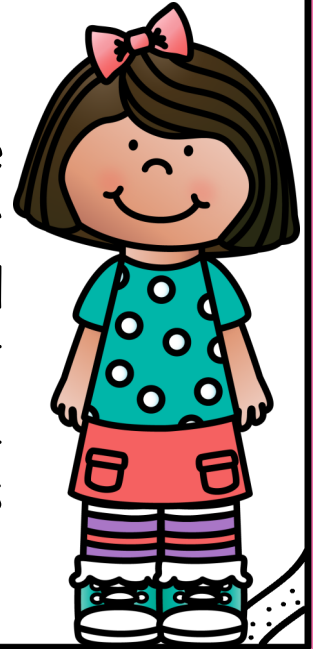
Activity: Help your child to carefully post the straws, pop sticks or match sticks into the holes in the lid of the container. Encourage them to hold the item with a pincer grip (between their thumb and forefinger).



POURING

Focus: Hand eye coordination.

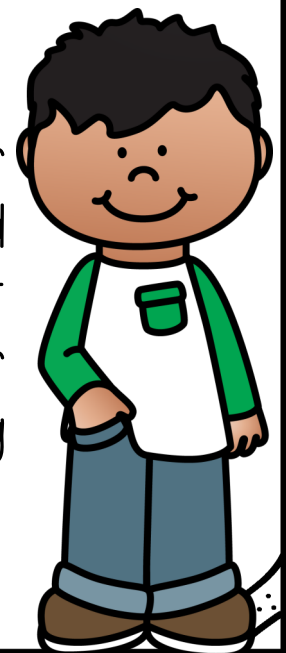
Activity: Encourage your child to hold the bottle steady with their “helper hand” Using their other hand fill the scoop with rice and pour it into the bottle without spilling. Continue until all of the rice has been transferred.



FILL THE BOTTLE

Focus: Hand eye coordination.

Activity: Using a spoon encourage your child to scoop up a marble and drop it into the bottle. Don't forget to hold the bottle steady with their “helper hand”. Continue scooping until their bottle is full.



ROUND AND ROUND

Focus: Correct pencil grip and hand eye coordination.

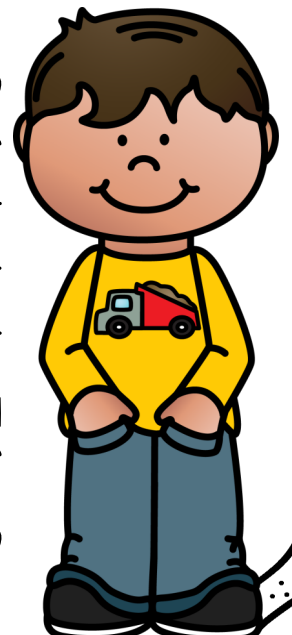
Activity: Encourage your child to hold their pencil using a correct grip. Then draw a large circle on their paper, and then a smaller circle just inside the big circle. Continue until they have drawn at least 6 circles, one inside the other.



TALL TOWERS

Focus: Pincer grip - using the thumb and forefinger together, and hand eye coordination.

Activity: Encourage your child to pick up one block at a time between their thumb and forefinger and place it carefully on top of another. Repeat and see how high they can get their tower before it falls over. You may like to count the number of blocks used and then attempt to use more blocks in the next tower.



READY SPAGHETTI

Focus: Hand eye coordination.

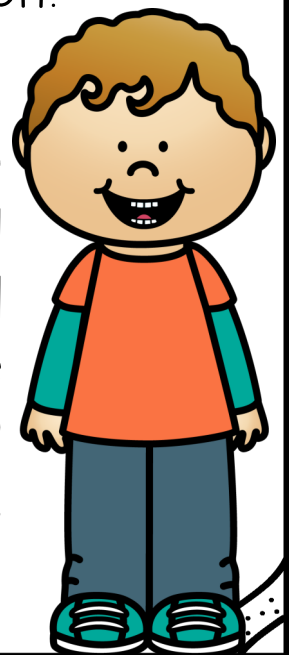
Activity: Stand pieces of spaghetti up in a ball of play dough. Then encourage your child to pick up the beads using their thumb and forefinger and drop beads one at a time onto the piece of spaghetti until it is filled to the top.



PIN PICTURES

Focus: Pincer grip - using the thumb and forefinger together, and hand eye coordination.

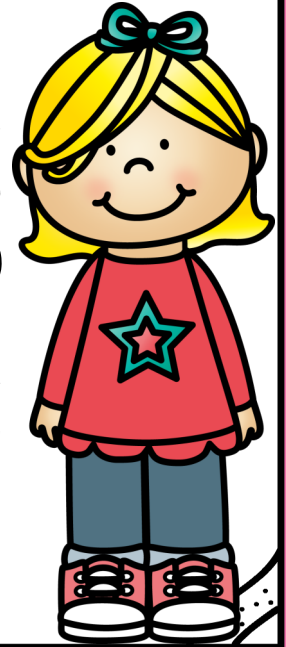
Activity: Holding a pin with a pincer grip (between their thumb and forefinger) encourage your child to make little holes along the outline of their picture by pushing the pin in carefully. This works best when leaning on the carpet.



CUT THE GRASS

Focus: Using lead and helper hand, correct scissor grip, opening and closing the scissors with strength.

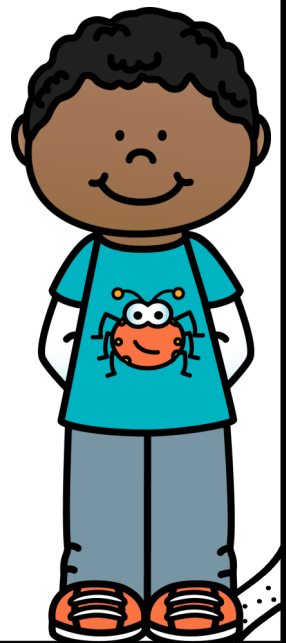
Activity: Encourage your child to hold the scissors correctly (thumb on top and 1-2 fingers in the bottom hole) in their dominant hand (lead) and grasp the paper in their helper hand. They then need to make small snips all the way along the top of the paper strip to represent grass.



PEG SORTING

Focus: Pincer grip - using the thumb and forefinger together.

Activity: Encourage your child to sort the pegs by colour and then peg them around the rim of the matching coloured bowl. They should use their thumb and forefinger ONLY to open and close the peg. Once all of the pegs have been sorted unpeg them and place them in the original container.



NUTS AND BOLTS

Focus: Pincer grip - using the thumb and forefinger together, and hand eye coordination.

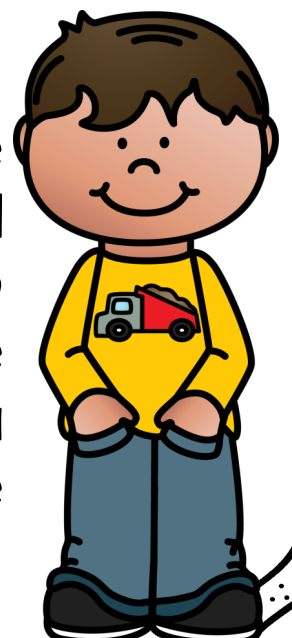
Activity: Assist your child to match similar sized nuts and bolts. When they find a match encourage them to thread the nut onto the bolt. Please unscrew the nuts when finished ready for the next person.



CATCH THE WORM

Focus: Pincer grip - using the thumb and forefinger together.

Activity: Encourage your child to hold the peg between their thumb and forefinger and attempt to pick up the worms (piece of pipe cleaner). Place the worms in a pile and when finished count the number of worms they caught.



BALANCING ACT

Focus: Pincer grip - using the thumb and forefinger together, and hand eye coordination.

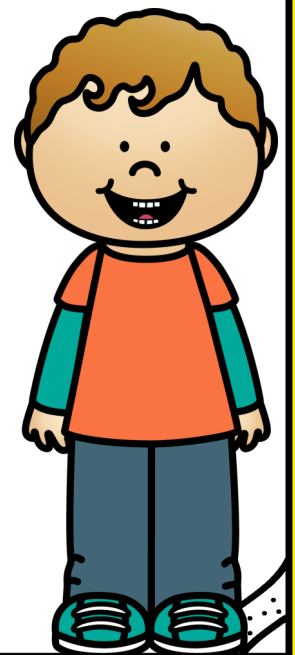
Activity: Encourage your child to pick up the marbles with a pincer grip (thumb and forefinger) and carefully place them onto each sucker of the bath shape. Continue until all of the spots have a marble on them.



PLAY DOUGH MASH

Focus: Developing hand strength.

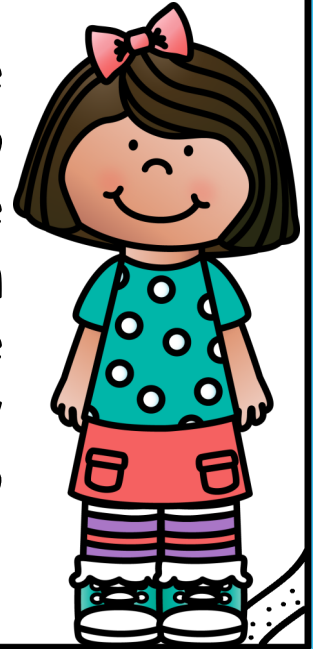
Activity: Encourage your child to roll the play dough into a ball, and then using the masher squash it as flat as they can. Repeat with other balls of dough. Then using the garlic press fill the chamber with dough and then using one hand squeeze it shut.



MONSTER MUNCH

Focus: Developing hand strength.

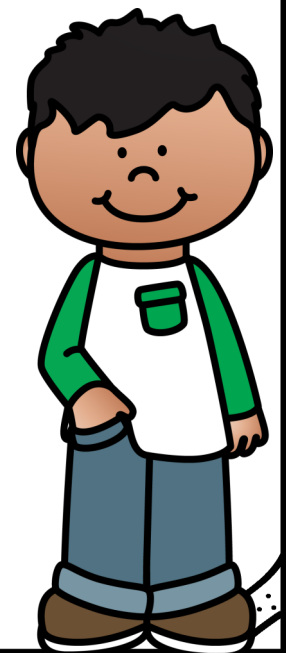
Activity: Using the monster munchers (hole punch) encourage your child to punch as many holes as possible into the paper. The hole punch should be placed on the table and the child should apply pressure through their fingers to punch the hole.



PLAY DOUGH SNAKES

Focus: Developing hand strength.

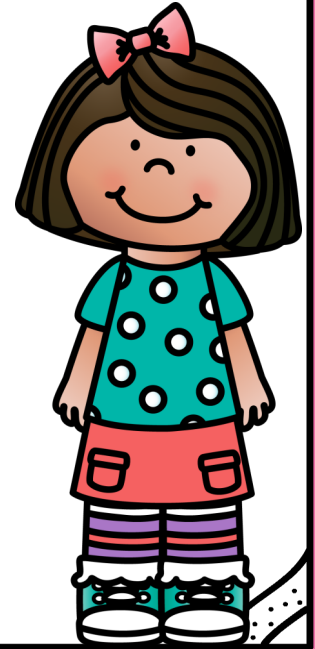
Activity: Roll out a ball of play dough using the palm of the hand and fingers. Once a long snake shape has formed use the coloured beads to decorate. Encourage your child to identify each colour as they use it.



SCISSOR SKILLS

Focus: Using lead and helper hand, correct scissor grip, opening and closing the scissors with strength.

Activity: Encourage your child to hold the scissors correctly (thumb on top and 1-2 fingers in the bottom hole) in their dominant hand (lead) and grasp the paper in their helper hand. They then need to follow the cutting instructions on the page.



PLAY DOUGH CARDS

Focus: Developing hand strength.

Activity: Select a play dough task card and complete the activity. How many activities can you complete in the timeframe?

