

Occupational Therapy: Children, Young People & Families Department

3: Skilled Hand Use

Intervention Programme for Schools



Occupational Therapy: Children, Young People and Families Department

Intervention programme 3: SKILLED HAND USE

Aims: To further develop fine motor skills:

- pincer grip,
- hand strength,
- visual-motor integration,
- bilateral integration,
- pencil grip and control,
- pressure, aiming/accuracy/placement,
- scissor skills,
- precision,
- fluency

Functional outcomes: using a pencil and scissors, cutlery use, managing fastenings, pre-writing skills.

Introduction

This programme builds on the fine motor skills, pencil skills and awareness of shape developed in Programme 2: Hand Skills.

The aim now is to develop more skilled in-hand manipulation skills and more refined pencil control. This programme is suitable for children who are already writing and will work on their sense of shape, form constancy and accuracy.

A note on pencil grip

Before you start this intervention programme, it is worthwhile checking how each child holds their pencil.

A tripod grip can be difficult for children with weak hands or lax joints in their fingers, so many will wrap their thumb around the pencil. This is generally considered to be a functional grip, as long as the fingers and thumb can move the pencil.

Some grips are appropriate in younger children, but are less functional once a child reaches school age, and are likely to cause difficulties:



In these cases, you may need to try a pencil grip to help correct the finger position. This should be done alongside hand strengthening and fine motor activities, particularly those that work on tripod and pincer grips.

If you feel that a child in your class has joint laxity or hand weakness that is causing pain when writing, and which cannot be improved by following the intervention programmes or by using a pencil grip, then please contact the Occupational Therapy department for further advice.

Before you start...

- Complete the “**Which Programme?**” Fine Motor Skills screening form to make sure you are choosing the appropriate programme for the child
- Fill in the **Baseline Assessment** (see back of booklet) to get an idea of how the child is performing now.

Remember...

- To fill in the **Session Completion** list to keep track of which sessions the child has completed.
- To re-do the **Baseline Assessment** (see back of booklet) at the end to see how much progress the child has made.

Further information

You can find more information and resources on our website:

www.swft.nhs.uk/our-services/children-and-young-peoples-services/occupational-therapy

Overview

Week 1	Warm up	Main activities
Session 1:	Arm wake-up routine; Taptastic	<u>Pencil skills</u> : pencil aerobics; triangles <u>Scissors</u> : triangles Knife and fork
Session 2:	Arm wake-up routine; wall push-ups	<u>Pencil skills</u> : triangles Lacing cards/ sewing
Session 3:	Arm wake-up routine; Crazy Catch	<u>Pencil skills</u> : triangles Knife and fork Marbles and golf tee balance
Week 2	Warm up	Main activities
Session 1:	Arm wake-up routine; Taptastic	<u>Pencil skills</u> : pencil aerobics; mazes <u>Scissors</u> : zigzags Construction kit
Session 2:	Arm wake-up routine; Rubber band stretch	<u>Pencil skills</u> : Handwriting patterns – vertical surface Finger drums
Session 3:	Arm wake-up routine; Mirror Mirror	<u>Pencil skills</u> : Handwriting patterns Board Games Chalkboard golf
Week 3	Warm up	Main activities
Session 1:	Arm wake-up routine; Taptastic	<u>Pencil skills</u> : pencil aerobics; mazes/ dot-to-dots; Drawing lines with rulers <u>Scissors</u> : shapes Threading beads
Session 2:	Arm wake-up routine; wall push ups	<u>Pencil skills</u> : Handwriting patterns; Dot, circle, dot, erase; Drawing lines with rulers Pegboard patterns
Session 3:	Arm wake-up routine; Crazy Catch	Drawing lines with rulers <u>Scissors</u> : zigzags and patterns Tweezers and beads
Week 4	Warm up	Main activities
Session 1:	Arm wake-up routine; Taptastic	<u>Pencil skills</u> : pencil aerobics; mazes/ patterns <u>Scissor and FMS</u> : paper weaving Cards – snap/pairs
Session 2:	Arm wake-up routine; Rubber band stretch	<u>Pencil skills</u> : Handwriting patterns Paper folding; Aqua beads
Session 3:	Arm wake-up routine; Mirror Mirror	<u>Pencil skills</u> : Handwriting patterns Dominoes; Coin posting

Week 5	Warm up	Main activities
Session 1:	Arm wake-up routine; Taptastic	<u>Scissors</u> : cut out spirals <u>Finger knitting/ knitting nancy</u>
Session 2:	Arm wake-up routine; wall push ups	<u>Pencil skills</u> : pencil aerobics; mazes/ patterns <u>Finger knitting/ knitting nancy</u>
Session 3:	Arm wake-up routine; Crazy Catch	<u>Pencil skills</u> : Handwriting patterns <u>Finger knitting/ knitting nancy</u> <u>Games</u>
Week 6	Warm up	Main activities
Session 1:	Arm wake-up routine; Taptastic	<u>Pencil skills</u> : pencil aerobics; mazes/ patterns <u>Scissors</u> : magazine collage <u>Tiddlywinks</u>
Session 2:	Arm wake-up routine; Rubber band stretch	<u>Pencil skills</u> : Handwriting patterns <u>Spinning tops</u>
Session 3:	Arm wake-up routine; Mirror Mirror	<u>Pencil skills</u> : Pattern bookmarks <u>Lego towers</u>

Week 1: Session 1

Resources:

- Pencils and paper
- Large pieces of paper attached to the wall/ whiteboard/ chalkboard
- Crayons/ markers/ chalks
- Scissors
- Scissors worksheets - triangles
- Playdough
- Junior Caring Cutlery (or child-sized knives and forks)

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Taptastic

Sit facing a partner. Tap your hands on your knees in rhythm with each other. Now try the following patterns:

- Alternate between palms down and palms up.
- Alternate between tapping on your knees and clapping your partner's hands
- Tap your knees then clap your right hand to your partner's right hand, then clap your knees and clap your left hand to your partner's left hand.
- What other patterns can you think up?



Main activities:

Pencil aerobics

- Hold onto the pencil as if you were going to write – using your fingers only, walk up the pencil! And when you get to the end walk back down. Try this 5 times.
- Put your pencil down facing right, pick it up and be ready to write.
- Put your pencil down facing left, pick it up and be ready to write.
- Don't forget, only use one hand – try this 3 times each side.
- Place your palm facing up with your pencil on it. Roll your pencil from your palm into your fingertips 10 times – using movement of your fingers and wrist only.
- Pick up the pencil so you're ready to write. Draw a dot on the paper. Now, using just that hand, turn the pencil round and rub out the dot. Repeat five times.

Pencil skills: triangles

Attach some paper to the wall, or use a chalkboard or whiteboard. The instructor should demonstrate first, emphasising the movement and shape. Draw the shape in the sky first, then the board. Remember to say out loud what you are doing as you draw the triangle.

Starting at the top corner, draw a big triangle. Use stickers or dots at the corners to help with aim if necessary. Now try using a tray of sand, and making a triangle shape out of playdough.

Scissors – preparing to use



Correct scissor grip.
Thumb is facing up and
index finger is outside
the loop.



Incorrect scissor grip.
Thumb is facing down
and hand is in a fist.

First, make a loose fist.
Now, using your thumb,
index and middle finger
make a bird's beak (or
alligator's mouth) and
open and close it,
keeping the ring and little

finger tucked away. See if
you can open and close
the "mouth" rhythmically –
this is the action you will
use for cutting.

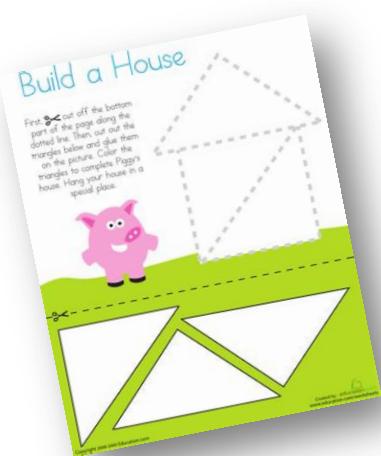
Pick up the scissors and position the wrist so that the thumb is turned upward, the thumb joint resting inside the thumb loop. Make sure the tip of the middle finger is inside the opposite loop. Some scissors have enough space for the middle and ring fingers to be positioned inside this loop.

Place the index finger outside the loop, in front of the middle finger serving as a “guide”.

The ring finger and little should be curled into the palm (unless the ring finger is inside the loop with the middle finger).

If the child is struggling to hold the wrist in the ‘thumbs up’ position, try holding the paper above eye level or taping it to the wall so that the child is cutting upwards. You can try **drawing a smiley face on the thumbnail** of the cutting hand: you should always be able to see the smiley face while cutting.

Repeat this preparatory exercise each time you use scissors, until the technique is mastered.



Scissors: triangles

Use worksheets with triangles (see resources) or the triangles you have just drawn, and cut round the shape. Start with thicker outlines and progress to thinner lines as the accuracy improves. Concentrate on turning the corners accurately, using your helping hand to turn the paper. If triangles are too difficult, go back to the scissor activities in Booklet 2 and keep working on these until competency is achieved. If you use coloured paper or thin card, you can use the cut-out triangles to make pictures, mosaics or collages.

Cutlery – knife and fork together

Roll out some finger-length sausages of playdough on the table and position them in front of you. Now pick up your fork and push it into the playdough, near where you want to cut it. Keeping the playdough steady with your fork, pick up the knife and cut through the playdough with a sawing motion. Remember to leave a little gap between the knife and fork. Make sure you don’t cross them over! Keep practising, using a longer piece of playdough to make several cuts in a row.

Week 1: Session 2

Resources:

- Pencils and paper
- Large pieces of paper attached to the wall/ whiteboard/ chalkboard
- Crayons/ markers/ chalks
- Scissors
- Scissors worksheets (triangles)
- Lacing cards, or felt, embroidery thread and needles

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Wall push-ups

Stand in front of a wall about arm's length away from it. Lift your arms up to shoulder level and place your hands on the wall so they are a little bit wider than your shoulders.

Breathe in as you slowly bend your elbows to lean into the wall.

Breathe out as you push to straighten your arms.

Start with five and see if you can build that up. Don't rush the move!

A lot of children have "bendy" elbows – in this case, try not to "lock" your elbows when you straighten them. Instead, don't straighten your arms all the way.



Main activities:

Pencil skills – triangles

Practice skywriting the shape first to refresh your memory, remembering to say out loud what you are doing.

Now practice drawing triangles on paper. Use different types of pens, pencils, crayons or chalks. Try to get the shapes a similar size and try to make the top two sides slope equally, so there are no right angles.

If you are having difficulty, try tracing a triangle first or ask the instructor to guide you with hand-over-hand movement. Try this with eyes closed and eyes open.

If triangles are easy, then practice a zigzag pattern between two lines, trying to keep the height and width of the zigzags the same all the way across.

Lacing cards/ sewing

Commercially available lacing games are available, or you can download templates from the internet (see resources at end of this booklet). Concentrate on using one hand as a steady hand and the dominant hand for threading the lace. Try to use a pincer grip (fingertips) rather than the sides of the fingers.

If you don't have access to a commercial game, you can use the holes of a pegboard, or punch some holes in a piece of card.



You could also use felt and embroidery thread. Cut out a matching pair of shapes and stitch them together using running stitch or blanket stitch. Fill with toy stuffing and decorate. You could make a festive decoration. Remember to talk yourself through the actions if you find it difficult, and try to keep stitches even.

Week 1: Session 3

Resources:

- Beanbags
- Pencils and paper
- Large pieces of paper attached to the wall/ whiteboard/ chalkboard
- Crayons/ markers/ chalks
- Pencil worksheets - triangles
- Playdough
- Junior Caring Cutlery (or child-sized knives and forks)
- Marbles or small balls, mini pompoms
- Golf tees
- Styrofoam/ florists' oasis

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Crazy Catch

Play catch with a beanbag. Do a few normal catches to start with, then add in some extra movements before throwing the beanbag back, such as:

- Pass the beanbag behind your back
- Pass the beanbag under one leg
- Pass the beanbag through the legs in a figure of eight
- Place the beanbag on your head and turn around
- Place the beanbag on your head, sit down then stand up again

Main activities:

Pencil skills – triangles:

Practice skywriting the shape first to refresh your memory, remembering to say out loud what you are doing.

Now use lined paper to draw the triangles on. See if you can make them the same size and keep within the lines.

If you are having difficulty, try tracing a triangle first or ask the instructor to guide you with hand-over-hand movement. Try this with eyes closed and eyes open.

You can extend this activity with worksheets – some examples and web links are included in the resource section at the back – or with your own drawing tasks or multisensory activities, such as drawing in sand, making horizontal lines in chalk on an outside wall or playground surface, or using rope, scarves or ribbon to make horizontal lines on the floor and then walking along them sideways.

Cutlery – knife and fork together:

Roll out some finger-length sausages of playdough on the table and position them in front of you. Now pick up your fork and push it into the playdough, near where you want to cut it. Keeping the playdough steady with your fork, pick up the knife and cut through the playdough with a sawing motion. Remember to leave a little gap between the knife and fork. Make sure you don't cross them over!

Keep practicing, using a longer piece of playdough to make several cuts in a row.



Marble and golf tee balance:

Place a bowl of goal tees, a bowl of marbles and some playdough (or a block of Styrofoam or florists' oasis) in front of you, as shown. Pick up one golf tee at a time and push them into the playdough to make a row, working from left to right.

Now, using a pincer grip, pick up one marble at a time and balance it on the golf tees, working from left to right. Make sure you use your dominant hand to pick up the tees.

Try picking up two marbles at a time, and keeping one in your hand while you place the other on the golf tee. To make this extra challenging, use a mixture of marbles and mini pompoms so you have to adjust the amount of force you use.



Week 2: Session 1

Resources:

- Pencils and paper
- Maze worksheets
- Scissors
- Scissor worksheets - zigzags
- Construction kit (Lego, Meccano, K-Nex)

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Taptastic

Sit facing a partner. Tap your hands on your knees in rhythm with each other. Now try the following patterns:

- Alternate between palms down and palms up.
- Alternate between tapping on your knees and clapping your partner's hands
- Tap your knees then clap your right hand to your partner's right hand, then clap your knees and clap your left hand to your partner's left hand.
- What other patterns can you think up?



Main activities:

Pencil aerobics

- Hold onto the pencil as if you were going to write – using your fingers only, walk up the pencil! And when you get to the end walk back down. Try this 5 times.
- Put your pencil down facing right, pick it up and be ready to write.
- Put your pencil down facing left, pick it up and be ready to write.
- Don't forget, only use one hand – try this 3 times each side.
- Place your palm facing up with your pencil on it. Roll your pencil from your palm into your fingertips 10 times – using movement of your fingers and wrist only.
- Pick up the pencil so you're ready to write. Draw a dot on the paper. Now, using just that hand, turn the pencil round and rub out the dot. Repeat five times.

Pencil skills: mazes and patterns

Print out some dot-to-dots or mazes (some suggested links are enclosed in the resources section).

Follow the maze with your pen or pencil, trying to keep your grip relaxed and trying not to press too hard. See if you can complete it without turning the paper round.

Make sure you follow the pencil with your eyes as you draw.

Scissors – zigzags

Using a worksheet (see resources at the end of booklet), cut along a zigzag line. Start with bigger zigzags and progress to smaller ones. You can use the cut out pieces to make a crown, or a mountain range for a picture.



Construction kit

Make a mini kit of Lego, Meccano, etc, following the instructions in the packet. Concentrate on using a pincer grip.

Cutlery – knife and fork together

Roll out some finger-length sausages of playdough on the table and position them in front of you. Now pick up your fork and push it into the playdough, near where you want to cut it. Keeping the playdough steady with your fork, pick up the knife and cut through the playdough with a sawing motion. Remember to leave a little gap between the knife and fork. Make sure you don't cross them over!

Keep practicing, using a longer piece of playdough to make several cuts in a row.

Week 2: Session 2

Resources:

- Selection of rubber bands
- Large pieces of paper attached to the wall/ whiteboard/ chalkboard
- Handwriting pattern sheets
- Crayons/ markers/ chalks
- Coloured dot stickers

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Rubber band stretch

- Place a rubber band around the fingers and thumb. Now slowly stretch the fingers out and then relax them back in. Start with five and then build up to ten. Add extra bands or thicker bands if it is too easy.
- A loop of playdough can be used instead of rubber bands.

Main activities:

Pencil skills – handwriting patterns

See the resources at the end of this booklet



Attach some paper to the wall, or use a chalkboard or whiteboard. Using chunky crayons, markers or chalk, the instructor should demonstrate some simple handwriting patterns, working from left to right.

Start with some simple vertical lines, then try alternating



shorter and longer vertical lines. Use two horizontal guidelines to help with sizing. Say out loud where you are going to start, what direction you are going to draw in and where you are going to stop. Try tracing over the instructor's work with your index finger before you try.

Next try some zig zag lines or some smooth humps (like those in the letter "m").

Finger drums

Place a coloured sticker on each finger, making sure each person in the group uses the same pattern. For example, everyone could have a red sticker on their thumb, blue on index, green on middle finger, orange on ring finger and yellow on little finger. Place hands on the desk in front of you and then try to tap the correct finger as the instructor calls out the colour. Try to get a rhythm going; for example: blue, blue, orange, green, red, yellow, yellow. Try to memorise the sequence and try to make a good tapping sound with each finger.

Week 2: Session 3

Resources:

- Paper
- Pencils, markers, crayons or chalks
- Chalkboard (or whiteboard) and chalks or markers
- Board games (e.g. Jenga, KerPlunk, Operation, Buckaroo or Pik A Stik)

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
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- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Mirror mirror

Stand facing a partner. You are going to be each other's mirror. Decide who is going to lead. Move your body into different positions – your partner must copy you as smoothly as possible. Now swap over so the other person is the leader.

Main activities:

Pencil skills: handwriting patterns

See the resources at the end of this booklet

The instructor should demonstrate the handwriting patterns as in the previous session, but this time they will be drawn sitting at the desk.

Work from left to right and start with some simple vertical lines, then try alternating shorter and longer vertical lines. Use two horizontal guidelines to help with sizing. Say out loud where you are going to start, what direction you are going to draw in and where you are going to stop. Try tracing over the instructor's work with your index finger before you try. Use a selection of writing materials (crayons, markers or chalk).

Next try some zig zag lines or some smooth humps (like those in the letter "m").

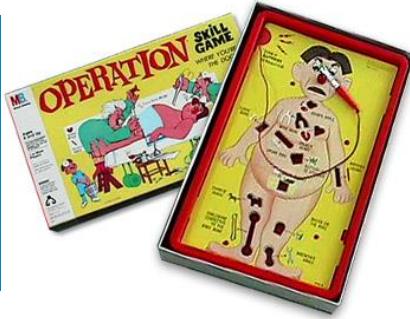
Chalkboard golf

Draw a golf green with a tee and a hole on the chalkboard. Stand in front and look carefully at the distance and direction of the hole from the tee. With your eyes open, practice tracing the distance from the tee to the hole with your finger. Now hold a piece of chalk and place it on the tee. Close your eyes and see how close you can get to the hole!

You can try this with whatever sports you are interested in.

You can also try this by placing an object (a coin, or a Lego brick, etc) on the desk within reach. Close your eyes and see if you can reach directly to where the object is, without having to feel round for it.

Try placing the object with one hand then reaching for it with the other.



Board games

Play a game such as Jenga, KerPlunk, Operation, Buckaroo or Pik A Stik. Concentrate on using a good pincer grip!

Week 3: Session 1

Resources:

- Pencils and paper
- Mazes / dot-to-dot worksheets
- Scissors
- Scissor worksheets - shapes
- Rulers
- Ruler worksheets (<https://esl-literacy.com/community/showcase/using-ruler>)
- Selection of beads
- Laces

Warm-up:

Arm wake-ups:

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
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Taptastic

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- What other patterns can you think up?



Main activities:

Pencil aerobics

- Hold onto the pencil as if you were going to write – using your fingers only, walk up the pencil! And when you get to the end walk back down. Try this 5 times.
- Put your pencil down facing right, pick it up and be ready to write.
- Put your pencil down facing left, pick it up and be ready to write.
- Don't forget, only use one hand – try this 3 times each side.
- Place your palm facing up with your pencil on it. Roll your pencil from your palm into your fingertips
- times – using movement of your fingers and wrist only.
- Pick up the pencil so you're ready to write. Draw a dot on the paper. Now, using just that hand, turn the pencil round and rub out the dot. Repeat five times.

Pencil skills – Mazes / dot-to-dots

Print out some dot-to-dots or mazes (some suggested links are enclosed in the resources section).

Follow the maze with your pen or pencil, trying to keep your grip relaxed and trying not to press too hard. See if you can complete it without turning the paper round.

Make sure you follow the pencil with your eyes as you draw. You can work on a vertical surface or at the desk.

Drawing lines with rulers

This activity will work on bilateral skills and pencil skills. The instructor will demonstrate how to hold a ruler so it doesn't slide around. Start with a 15cm ruler. Make sure you hold the ruler with the non-preferred hand. Spread the fingers out so the ruler is held down along its length. Remember to keep pressing down with that hand while you draw along the length of the ruler with the other hand.



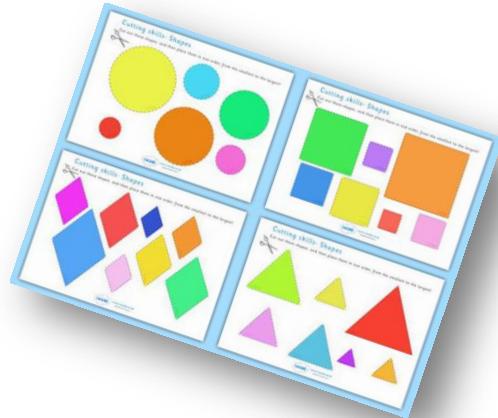
Start by drawing some practice lines on a sheet of paper. Once you feel confident with holding the ruler down, try connecting up two dots on a piece of paper using the ruler.

Try drawing around other items, like jar lids.

If holding down the ruler is really difficult, you can buy rulers with handles, designed for children. Some crafty people have tried another technique: adding a very thin layer of silicone bathroom sealant to the underside of the ruler to make it a little bit tacky.

Scissors - shapes

Prepare some worksheets with a selection of simple shapes on. Start with larger shapes and progress to smaller shapes when you are ready. Print them on coloured paper or card if you want to use them to make pictures with afterwards. Cut the shapes out.



Threading small beads

Make a necklace by threading small beads onto a thin string or jewellery wire. Remember to use a pincer grip. Start with a choice of different size beads and work with the smallest each individual can manage in a pincer grip.

You can use this activity to work on matching or sequencing colours, or numeracy. See if the child can copy a pattern you make. Show them a pattern then hide it and see if they can remember it.

Week 3: Session 2

Resources:

- Pencils and paper
- Handwriting pattern sheets
- Rulers
- Ruler worksheets (<https://esl-literacy.com/community/showcase/using-ruler>)
- Pegs and pegboard

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Wall push-ups

Stand in front of a wall about arm's length away from it. Lift your arms up to shoulder level and place your hands on the wall so they are a little bit wider than your shoulders. Breathe in as you slowly bend your elbows to lean into the wall.



Breathe out as you push to straighten your arms.

Start with five and see if you can build that up. Don't rush the move!

A lot of children have "bendy" elbows – in this case, try not to "lock" your elbows when you straighten them. Instead, don't straighten your arms all the way.

Main activities:

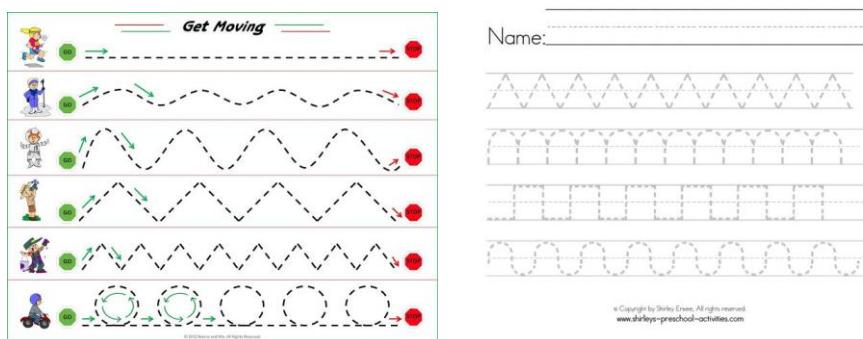
Pencil skills: handwriting patterns

See the resources at the end of this booklet

The instructor should demonstrate the handwriting patterns as in the previous session.

Work from left to right and used lined paper to help with sizing. Say out loud where you are going to start, what direction you are going to draw in and where you are going to stop. Try tracing over the instructor's work with your index finger before you try. Use a selection of writing materials (crayons, markers or chalk).

Try the following patterns:



It is okay to start by tracing but it is really important that you also copy without tracing, to help learn the right skills!

Dot, circle, dot, erase

Pick up the pencil so you're ready to write. Draw a row of dots in a line across the paper. Now, starting on the left, circle the first dot. Using just your pencil hand, turn the pencil round and rub out the next dot. Circle the next dot, rub out the one after. Continue to the end of the row.

Drawing lines with rulers

The instructor will demonstrate how to hold a ruler so it doesn't slide around. Start with a 15cm ruler. Make sure you hold the ruler with the non-preferred hand. Spread the fingers out so the ruler is held down along its length. Remember to keep pressing down with that hand while you draw along the length of the ruler with the other hand.

Print out some dot grids (see resources) and practice connecting the dots. Try horizontal and vertical as well as diagonal and triangles. Use different coloured pencils or pens to create a work of art.

Pegboard patterns

Position a pegboard on the child's non-dominant side, with the pegs on the dominant side. Make sure you are using a pincer grip. Steady the pegboard with your non-dominant hand. Pick up one peg at a time and place them carefully in the pegboard, starting on the left hand side of the board and working to the right. Don't use the table or your body to help you turn the peg around – just use your fingers! Now try holding one peg in the palm of your hand while placing another peg.

You can use this activity to work on matching or sequencing colours, or numeracy. See if the child can copy a pattern you make. Show them a pattern then hide it and see if they can remember it.

Week 3: Session 3

Resources:

- Beanbags
- Paper and pencils
- Rulers
- Ruler worksheets (<https://esl-literacy.com/community/showcase/using-ruler>)
- Scissors
- Scissor worksheets – zigzags and patterns
- Tweezers
- Beads

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Crazy Catch

Play catch with a beanbag. Do a few normal catches to start with, then add in some extra movements before throwing the beanbag back, such as:

- Pass the beanbag behind your back
- Pass the beanbag under one leg
- Pass the beanbag through the legs in a figure of eight
- Place the beanbag on your head and turn around
- Place the beanbag on your head, sit down then stand up again

Main activities:

Drawing lines with rulers

The instructor will demonstrate how to hold a ruler so it doesn't slide around. Start with a 15cm ruler. Make sure you hold the ruler with the non-preferred hand. Spread the fingers out so the ruler is held down along its length. Remember to keep pressing down with that hand while you draw along the length of the ruler with the other hand.

Print out some dot grids (see resources). The instructor will create some patterns of lines using the ruler – copy these.

Scissors – zigzags and patterns

Prepare some worksheets with zigzags and other patterns

(for example:

<http://www.tlsbooks.com/pdf/cutandpasteactivities.pdf>).

Concentrate on accuracy and on using your helping hand to turn the paper.



Tweezers and beads

Place an empty eggbox or ice cube tray on your non-dominant side and hold it steady with that hand. Using tweezers, pick up one bead at a time and place it in the container. Make sure you are using a good tripod grip, not the sides of your fingers! Sort the beads by colour or size, or have a race against a partner.

You can also buy children's training chopsticks to play this kind of game

Week 4: Session 1

Resources:

- Pencils and paper
- Mazes/ pattern worksheets
- Scissors
- Coloured paper
- Rulers
- Glue
- Card games (Snap, Pairs)

Warm-up:

Arm wake-ups:

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Taptastic

Sit facing a partner. Tap your hands on your knees in rhythm with each other. Now try the following patterns:

- Alternate between palms down and palms up.
- Alternate between tapping on your knees and clapping your partner's hands
- Tap your knees then clap your right hand to your partner's right hand, then clap your knees and clap your left hand to your partner's left hand.
- What other patterns can you think up?



Main activities:

Pencil aerobics

- Hold onto the pencil as if you were going to write – using your fingers only, walk up the pencil! And when you get to the end walk back down. Try this 5 times.
- Put your pencil down facing right, pick it up and be ready to write.
- Put your pencil down facing left, pick it up and be ready to write.
- Don't forget, only use one hand – try this 3 times each side.
- Place your palm facing up with your pencil on it. Roll your pencil from your palm into your fingertips 10 times – using movement of your fingers and wrist only.
- Pick up the pencil so you're ready to write. Draw a dot on the paper. Now, using just that hand, turn the pencil round and rub out the dot. Repeat five times.

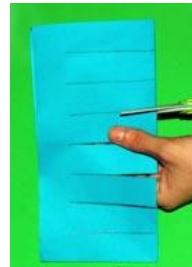
Pencil skills: mazes and patterns

Print out some dot-to-dots or mazes (some suggested links are enclosed in the resources section).

Follow the maze with your pen or pencil, trying to keep your grip relaxed and trying not to press too hard. See if you can complete it without turning the paper round.

Make sure you follow the pencil with your eyes as you draw.

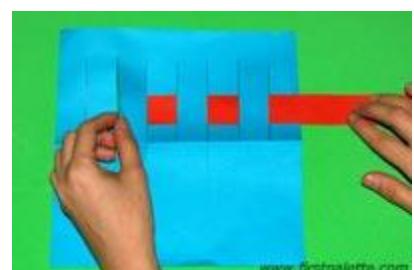
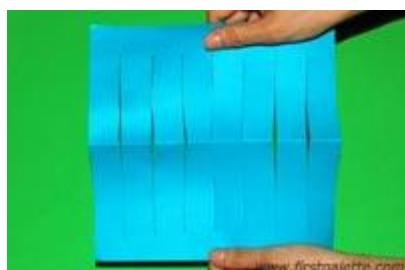
Paper weaving



Take a square of coloured paper and fold it in half.

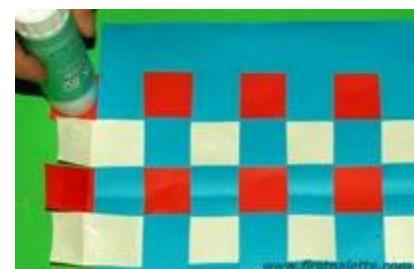
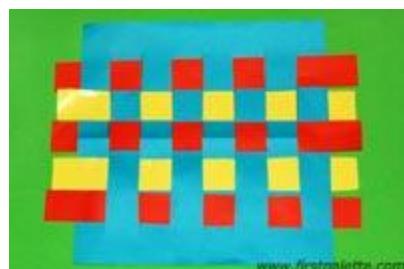
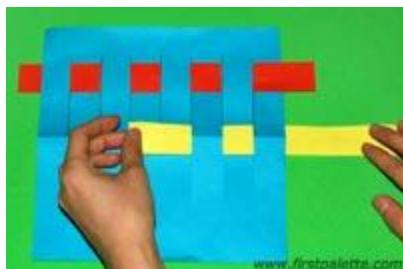
Use a ruler to draw evenly-space vertical lines from the folded edge up to about half an inch from the opposite edge.

Cut along these slits, making sure you don't cut to the edge. Open up the paper.

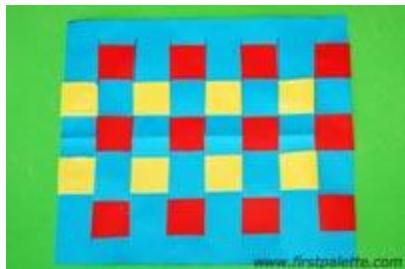


Cut some coloured paper strips. The strips should be longer than the length of your square's side.

Take one paper strip and weave it horizontally across the slits, going over and under the slits.



Push the woven strip to the top and start with another one. The second strip should be woven in an opposite pattern as the first. If your first paper strip goes over and under across the slits, the second strip should go under and over the slits.



Weave more paper strips in an alternating pattern until your paper weave is full.

Flip the whole square weave. Apply glue at the ends of each paper strip.

Cut a larger piece of construction paper or craft foam to frame your paper weave.

Glue your paper weave on top of the frame. Decorate the frame with paint, glitter glue or other decorations.

Cards:

Play a card game, such as "Pairs" or "Snap". Make sure you are using a pincer grip to pick up the cards.

Week 4: Session 2

Resources:

- Rubber bands in a selection of sizes
- Pencils and paper
- Handwriting pattern worksheets
- Paper folding templates
- Aqua beads

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Rubber band stretch

- Place a rubber band around the fingers and thumb. Now slowly stretch the fingers out and then relax them back in. Start with five and then build up to ten. Add extra bands or thicker bands if it is too easy.
- A loop of playdough can be used instead of rubber bands.

Main activities:

Pencil skills: handwriting patterns

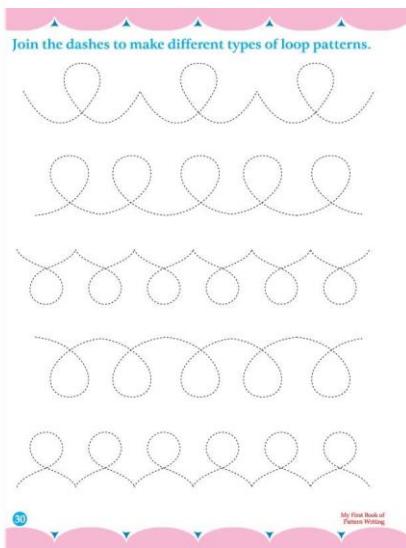
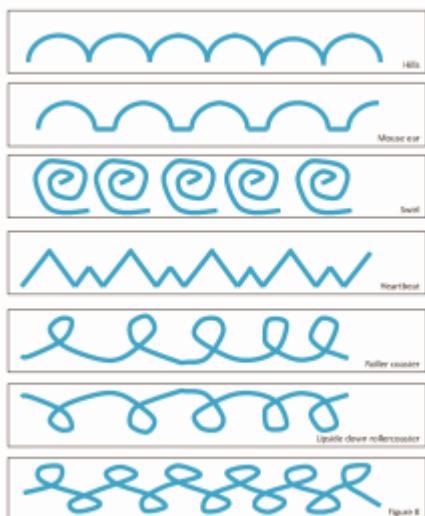
See the resources at the end of this booklet

The instructor should demonstrate the handwriting patterns as in the previous session.

Work from left to right and used lined paper to help with sizing. Say out loud where you are going to start, what direction you are going to draw in and where you are going to stop. Try tracing over the instructor's work with your index finger before you try. Use a selection of writing materials (crayons, markers or chalk).

Continue with the patterns from the previous session, or progress to some more complex, looped patterns, such as joined-up “o”s and “e”s.

Fluency Patterns



It is okay to start by tracing but it is really important that you also copy without tracing, to help learn the right skills!

Paper folding

Use coloured paper or thin card. Start simply, for example, folding the sheet in half to make a card.

Other ideas (see resources at end of booklet):

- Fold the paper in half, then cut out half a butterfly or person shape and decorate.
- Fold in a concertina shape and make a chain of shapes.
- Fold and cut to make a snowflake or paper lantern.
- Make a “fortune teller”
- Make paper planes. Use pre-printed templates to help.



Aqua Beads

Use an Aqua bead kit (or similar) with a template and a pattern. Place the beads carefully to copy the pattern. Spray with water to stick the beads together. You can use Hama beads, but an adult will need to iron the designs to stick them.



Week 4: Session 3

Resources:

- Pencils and paper
- Pencil worksheets or dotted grid paper
- Dominoes
- Coins and moneybox

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

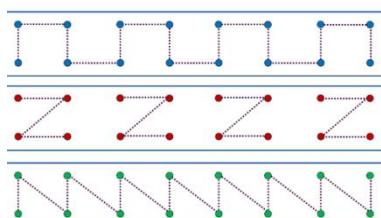
Mirror mirror

Stand facing a partner. You are going to be each other's mirror. Decide who is going to lead. Move your body into different positions – your partner must copy you as smoothly as possible. Now swap over so the other person is the leader.

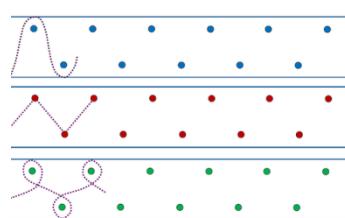
Main activities:

Pencil skills

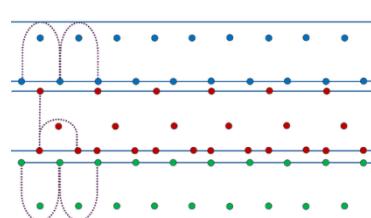
Try some more complex patterns today, for example, from <https://www.tes.com/teaching-resource/pencil-skills-pattern-cards-6301579>. Or make your own using dotted grid paper.



tes resources



tes resources



tes resources



Dominoes

Build a row of dominoes, placing them carefully so they will knock each other over. You will need to hold them in a pincer grip to place them. When you are ready, knock them down!

Coin posting

Pick up two coins. Post one into the money box, keeping the other in the palm of your hand. Now post the second coin.

Next, pick up three coins, one at a time. Post one into the money box, keeping the others in the palm of your hand. Now post the second coin, then the third. Repeat with more coins each time – see how many you can get to. Make sure you don't use your other hand to help.

Week 5: Session 1

Resources:

- Scissors
- Scissor worksheets: spirals
- Wool
- Knitting Nancy (or toilet rolls, lolly sticks and tape)

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Taptastic

Sit facing a partner. Tap your hands on your knees in rhythm with each other. Now try the following patterns:

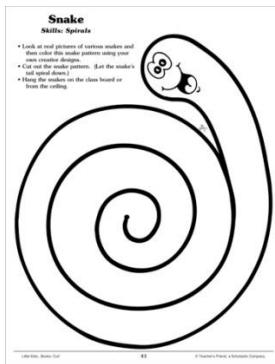
- Alternate between palms down and palms up.
- Alternate between tapping on your knees and clapping your partner's hands
- Tap your knees then clap your right hand to your partner's right hand, then clap your knees and clap your left hand to your partner's left hand.
- What other patterns can you think up?



Main activities:

Scissor skills – spirals/patterns

Prepare worksheets with a spiral pattern on, or a snake. Decorate the spiral or snake with paint or pens, then cut out carefully along the lines. Attach some string to make a decoration.



Finger knitting / knitting nancy

Use a commercially available French knitting kit ("Knitting Nancy") or make your own during the session, using lolly sticks and a toilet roll (see resources at the end of booklet for instructions). Alternatively, you can knit, using just your fingers, but make sure you have time to finish your project!

Follow the instructions at the back of this booklet, and make a long chain. You can turn this into bracelets, necklaces, flowers, coasters and many other things.

Week 5: Session 2

Resources:

- Pencils and paper
- Pencil worksheets – mazes/patterns
- Wool
- Knitting Nancy

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Wall push-ups

Stand in front of a wall about arm's length away from it. Lift your arms up to shoulder level and place your hands on the wall so they are a little bit wider than your shoulders.

Breathe in as you slowly bend your elbows to lean into the wall.

Breathe out as you push to straighten your arms.

Start with five and see if you can build that up. Don't rush the move!

A lot of children have "bendy" elbows – in this case, try not to "lock" your elbows when you straighten them. Instead, don't straighten your arms all the way.



Main activities:

Pencil aerobics

- Hold onto the pencil as if you were going to write – using your fingers only, walk up the pencil! And when you get to the end walk back down. Try this 5 times.
- Put your pencil down facing right, pick it up and be ready to write.
- Put your pencil down facing left, pick it up and be ready to write.
- Don't forget, only use one hand – try this 3 times each side.
- Place your palm facing up with your pencil on it. Roll your pencil from your palm into your fingertips 10 times – using movement of your fingers and wrist only.
- Pick up the pencil so you're ready to write. Draw a dot on the paper. Now, using just that hand, turn the pencil round and rub out the dot. Repeat five times.

Pencil skills – mazes/patterns

Print out some dot-to-dots or mazes (some suggested links are enclosed in the resources section).

Follow the maze with your pen or pencil, trying to keep your grip relaxed and trying not to press too hard. See if you can complete it without turning the paper round.

Make sure you follow the pencil with your eyes as you draw.

Finger knitting / knitting nancy

Continue your project from the previous session.

Week 5: Session 3

Resources:

- Beanbag
- Pencils and paper
- Worksheets: Handwriting patterns
- Wool
- Knitting Nancy
- Board games (e.g. Jenga, KerPlunk, Operation, Buckaroo or Pik A Stik)

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
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- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Crazy Catch

Play catch with a beanbag. Do a few normal catches to start with, then add in some extra movements before throwing the beanbag back, such as:

- Pass the beanbag behind your back
- Pass the beanbag under one leg
- Pass the beanbag through the legs in a figure of eight
- Place the beanbag on your head and turn around
- Place the beanbag on your head, sit down then stand up again

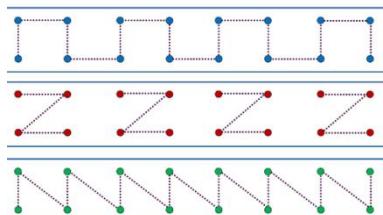
Main activities:

Finger knitting / knitting nancy

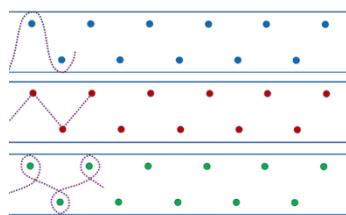
Continue your project from the previous session.

Pencil skills

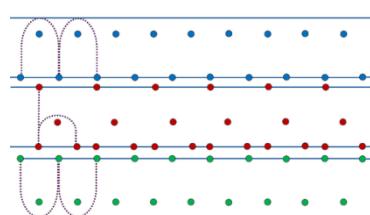
Try some more complex patterns today, for example, from <https://www.tes.com/teaching-resource/pencil-skills-pattern-cards-6301579>. Or make your own using dotted grid paper.



tes resources



tes resources



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Fine motor games

Play a game such as Jenga, KerPlunk, Operation, Buckaroo or Pik A Stik. Concentrate on using a good pincer grip!

Week 6: Session 1

Resources:

- Pencils
- Pencil worksheets – mazes/patterns
- Scissors
- Selection of magazines
- Glue
- Card or paper
- Tiddlywinks game

Warm-up:

Arm wake-ups:

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Taptastic

Sit facing a partner. Tap your hands on your knees in rhythm with each other. Now try the following patterns:

- Alternate between palms down and palms up.
- Alternate between tapping on your knees and clapping your partner's hands
- Tap your knees then clap your right hand to your partner's right hand, then clap your knees and clap your left hand to your partner's left hand.
- What other patterns can you think up?



Main activities:

Pencil aerobics:

- Hold onto the pencil as if you were going to write – using your fingers only, walk up the pencil! And when you get to the end walk back down. Try this 5 times.
- Put your pencil down facing right, pick it up and be ready to write.
- Put your pencil down facing left, pick it up and be ready to write.
- Don't forget, only use one hand – try this 3 times each side.
- Place your palm facing up with your pencil on it. Roll your pencil from your palm into your fingertips 10 times – using movement of your fingers and wrist only.
- Pick up the pencil so you're ready to write. Draw a dot on the paper. Now, using just that hand, turn the pencil round and rub out the dot. Repeat five times.

Pencil skills – mazes/dot-to-dots

Print out some dot-to-dots or mazes (some suggested links are enclosed in the resources section).

Follow the maze with your pen or pencil, trying to keep your grip relaxed and trying not to press too hard. See if you can complete it without turning the paper round.

Make sure you follow the pencil with your eyes as you draw.

Scissors – magazine collage

Take a selection of magazines and cut out pictures as neatly as possible. Stick down to make a collage. You could choose a theme – create the ultimate toy shop from a toy catalogue, or a car racetrack, a pop concert crowd with lots of different people in, a beautiful garden...



Tiddlywinks

Set up a game of Tiddlywinks on the floor or a large table. The goal of Tiddlywinks is to propel as many winks into the pot as you can. Winks are the small counters and the "squidger" is the larger counter used to propel, or "squidge" the wink towards the target.

To do this, place the squidger on a wink and apply pressure so the wink pops forward.

Place the pot in the middle of the mat. Place the winks behind the baselines and take it in turns to try to get the winks in the pot.

Week 6: Session 2

Resources:

- Rubber bands in a selection of sizes
- Pencils and paper
- Large sheets of coloured paper
- Pens, pencils, crayons
- Glue
- Scissors
- Spinning top templates

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

Rubber band stretch

- Place a rubber band around the fingers and thumb. Now slowly stretch the fingers out and then relax them back in. Start with five and then build up to ten. Add extra bands or thicker bands if it is too easy.
- A loop of playdough can be used instead of rubber bands.

Main activities:

Pencil skills: handwriting patterns

Using a large piece of paper, create a piece of artwork using the handwriting patterns you have been practicing. Use lots of different coloured pens, pencils or crayons. Cut out strips of coloured paper and fill with handwriting patterns, then stick these on the large paper and fill in the gaps with spirals and other shapes.

You can find some examples by searching for “Le Graphisme Handwriting” on Pinterest.



Spinning tops

Draw a circle on thin card (for example, a used cereal box). Drawing round a jam jar lid or a plastic cup is a good idea. Now colour in the shape – try colourful spiral designs - then cut it out. Gently poke a sharpened pencil though the centre (it may help to put some playdough underneath while you do this. A shorter pencil will be easier to spin). Use a pincer grip (fingertips) to spin your top. How long can you keep it spinning for?

Week 6: Session 3

Resources:

- Pencils and paper
- Coloured card
- Pens, pencils, crayons
- Scissors
- Hole punch and coloured wool or thread (optional)
- Lego blocks

Warm-up:

Arm wake-ups

- Shrug your shoulders to your ears then back down.
- Touch the sky, keeping your shoulders down.
- Touch your shoulders – hand to same shoulder
- Touch your shoulders – hand to opposite shoulder
- Push down on the desk
- Hold your hands out, palm up, then palm down
- Push palms together
- Pull hands apart
- Link your hands together and circle your wrists, one way then the other
- Make a fist, thumbs up and give them a wiggle
- Touch each finger to your thumb, one at a time, making a big circle.
- Shake your hands out – you're ready to begin!

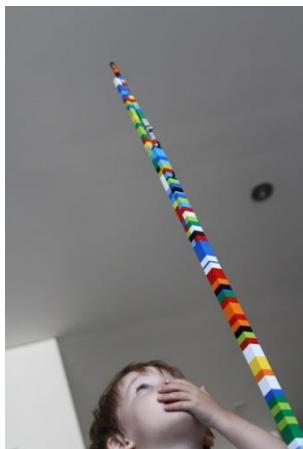
Mirror mirror

Stand facing a partner. You are going to be each other's mirror. Decide who is going to lead. Move your body into different positions – your partner must copy you as smoothly as possible. Now swap over so the other person is the leader.

Main activities:

Pencil skills

Using the same idea as for the last session, cut out some bookmark templates from coloured card (do an internet search for "bookmark templates". With a pencil and ruler, draw some guidelines or shapes to fill in. Decorate the bookmarks with handwriting patterns in lots of colours. If you like, punch holes around the edge of the bookmark and thread some coloured wool or thread through the holes as added decoration.



Lego towers

Use single Lego blocks to make as tall a tower as you can. You will need to make sure the pieces are clicked together gently but firmly. See if you can make a repeating pattern.

3: Skilled Hand Use

Baseline and outcome assessment

Child's name Date of birth

Class Date of assessment

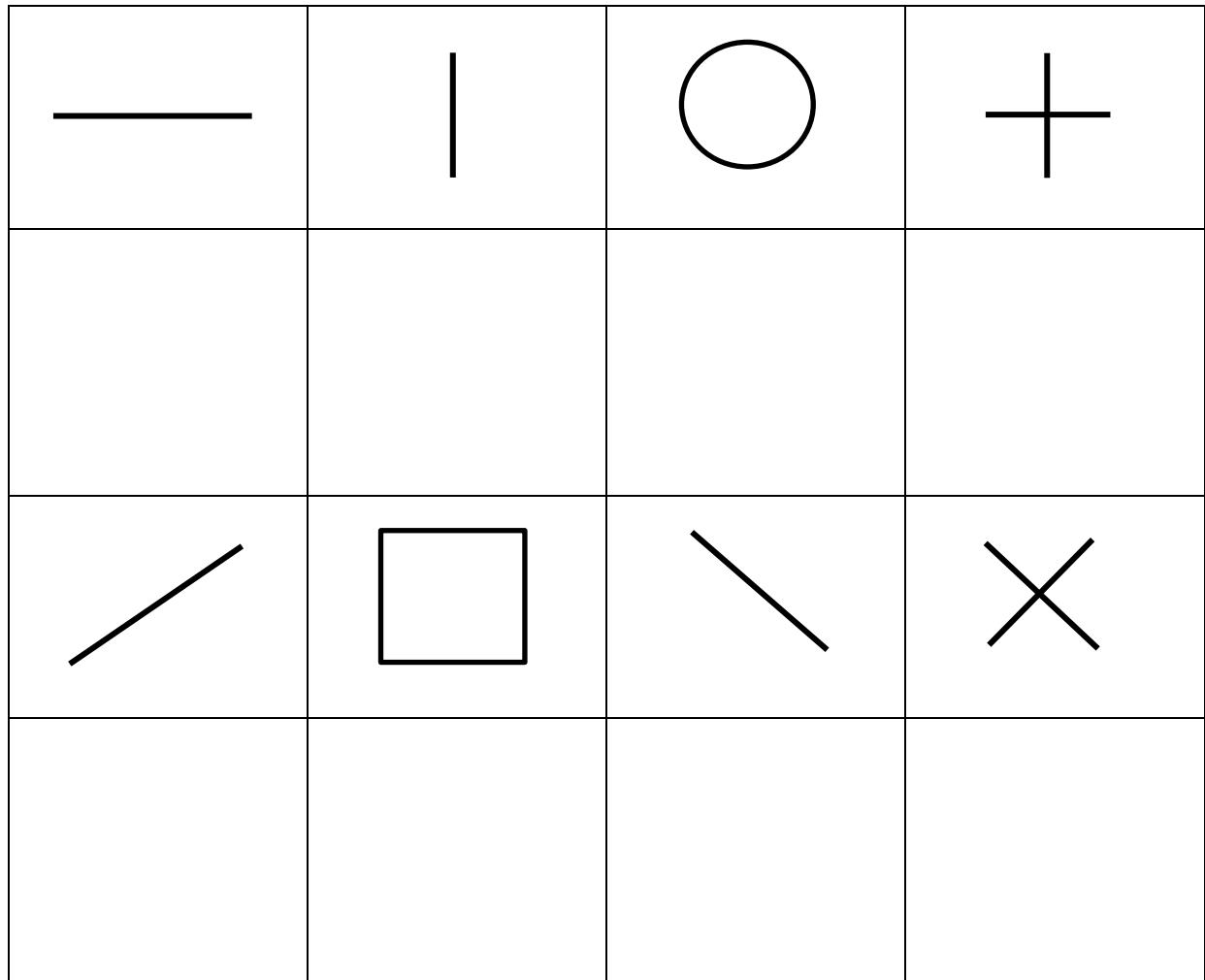
Fill in this table to rate the child's performance **before** and **after** the block of intervention sessions.

Area of difficulty	Before intervention			After intervention		
	A lot of difficulty	Some difficulty	No difficulty	A lot of difficulty	Some difficulty	No difficulty
Classroom Skills						
Able to sit upright in a chair in class						
Can fasten buttons/zips						
Can use a knife and fork for school meals (if appropriate)						
Can open packets (crisps, yoghurt, etc)						
Fine Motor Skills						
Able to pick up very small objects with a pincer grip						
Can copy the first 8 pre-writing shapes (see attached)						
Able to cut out a circle neatly						
Able to trace along a curved path with reasonable accuracy						
Can write their name on the line and with consistent letter sizing						
Shows a consistent hand preference						
Can hold a pencil in a tripod (3-finger) grasp						
Can touch each finger to their thumb in sequence						
Can use a ruler to draw a series of straight lines						
Can move a coin from palm to fingertips/ fingertips to palm						
Can carry out a complex fine motor task, such as sewing, paper folding or paper weaving, with good accuracy.						

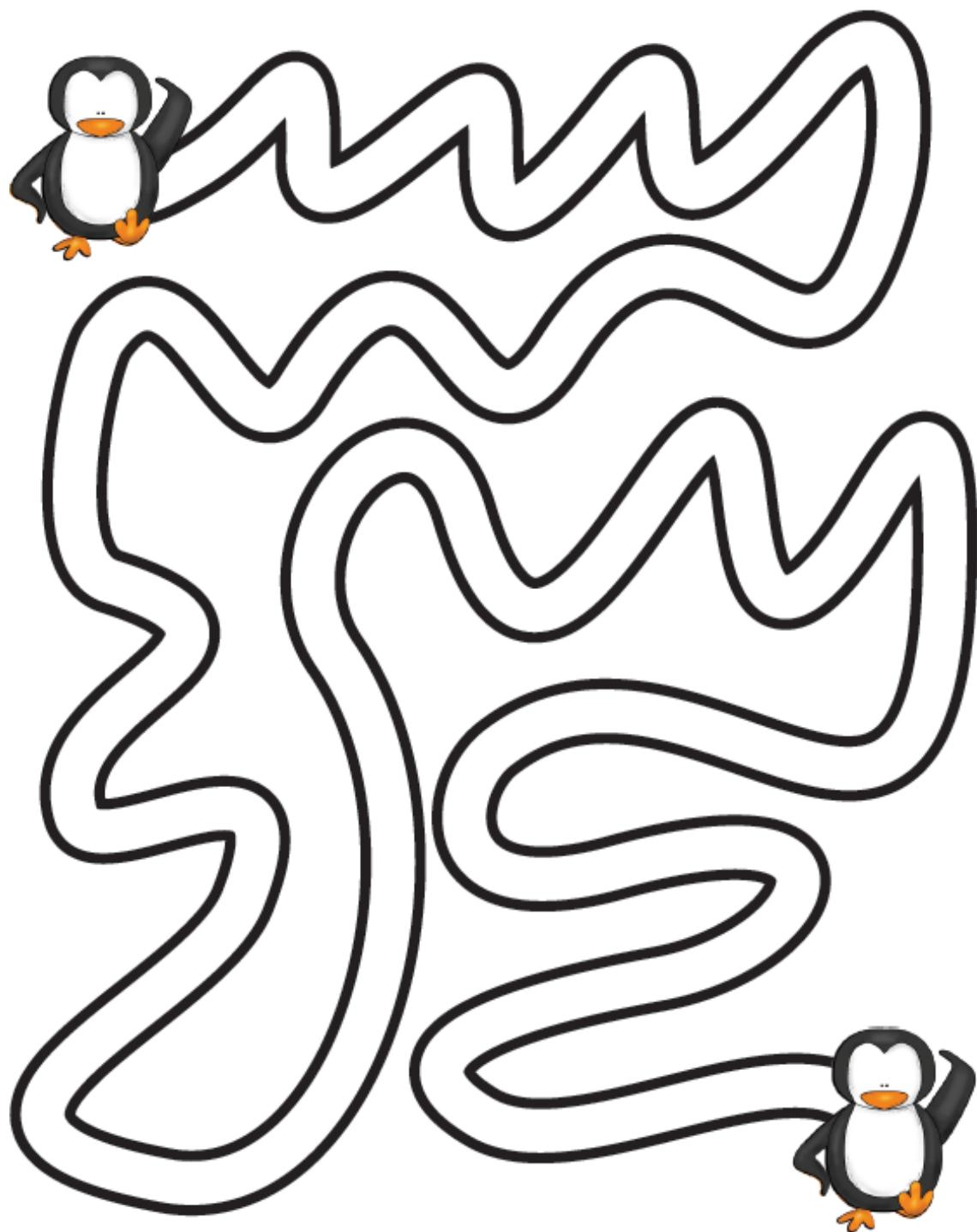
Classroom Skills	
Able to sit upright in a chair in class	<i>Observe the child sitting on their chair in class – can they maintain an upright sitting posture, or do they slump forward on the desk, slump back in the chair, or wrap their feet around the chair legs?</i>
Can fasten buttons/zips	<i>Can the child manage their own buttons and zips?</i>
Can use a knife and fork for school meals (if appropriate)	<i>If the child has school meals, are they able to use a knife and fork to cut up their food?</i>
Can open packets (crisps, yoghurt, etc)	<i>If a child has packed lunch, are they able to open packets, undo lids, etc?</i>
Fine Motor Skills	<i>These activities are based done as a 1-to-1 or small group activity.</i>
Able to pick up very small objects with a pincer grip	<i>Use very small objects such as Hama beads. Can the child pick them up using the tips of their thumb and index finger?</i>
Can copy the first 8 pre-writing shapes (see attached)	<i>Print out the attached shapes and ask the child to copy them. Are they able to form clear corners and to draw diagonal lines?</i>
Able to cut out a circle neatly	<i>Print out the attached circle shape – can the child cut it out neatly? Are they able to hold the scissors correctly, open and close them with control, and use their other hand to turn the paper?</i>
Able to trace along a curved line with reasonable accuracy	<i>Print out the attached line – can the child draw a path between it without going outside the line?</i>
Able to write their name on the line and with consistent letter sizing	<i>Can the child write their name from memory? Can they keep the letters the same size and place them on the line?</i>
Shows a consistent hand preference	<i>Does the child consistently use one hand for scissors, pencil and other tasks, or do they tend to swap?</i>
Can hold a pencil in a tripod (3-finger) grasp	<i>Can the child hold a pencil or crayon in a tripod grasp (using thumb, index and middle finger).</i>
Can touch each finger to their thumb in sequence	<i>Ask the child to imitate you as you touch each finger to your thumb in turn, making a nice round shape between the fingers and thumb. Can they do this in sequence, without missing out a finger and without using their other hand to help them move their fingers?</i>
Can use a ruler to draw a series of straight lines	<i>Can the child hold a ruler steady with their assisting hand and draw a series of straight lines?</i>
Can move a coin from palm to fingertips/ fingertips to palm	<i>Ask the child to hold their hand out flat, and place a 2p piece in the palm of their hand. Without tipping their hand or using their other hand to help, can they get the coin down to their fingertips to hold it in a pincer grip?</i>
Can carry out a complex fine motor task, such as sewing, paper folding or paper weaving, with good accuracy.	<i>Use a more complex fine motor task, such as sewing, making paper planes or paper weaving. Can the child complete the task with good accuracy? Can they follow the instructions and maintain their focus?</i>

1) Write your name here: _____

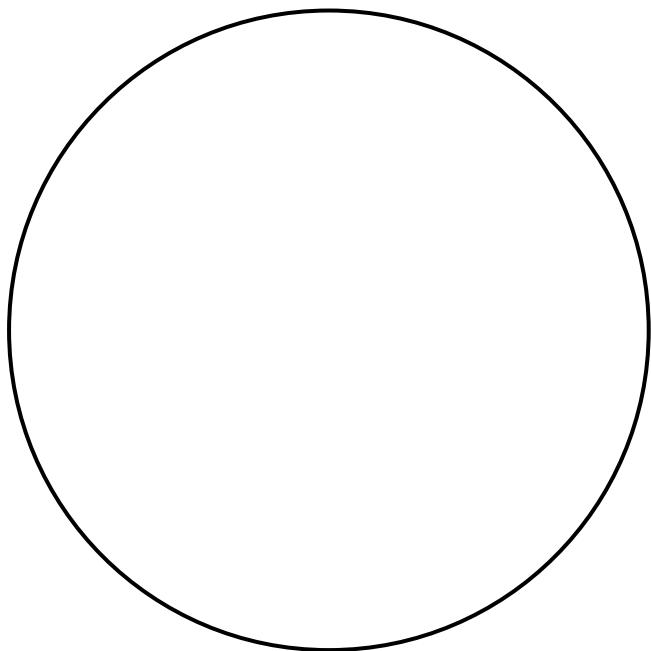
2) Copy each shape in the blank space below it.



3) Draw a path for the penguin. Stay between the lines:



4) Cut out the circle.



Session completion record

Child's name

Date of birth

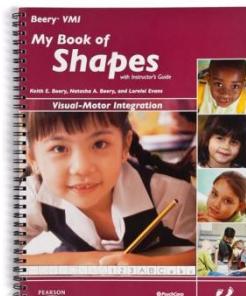
Class

Date of assessment

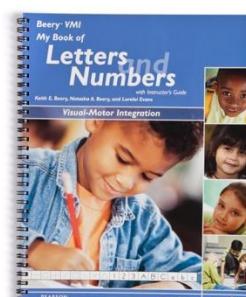
Write in the name of the programme you have carried out with the child and then the date when you carried out each session. If you have carried out additional activities, add these in the final column.

Name of programme					
	Session 1	Session 2	Session 3	Additional activities?	Comments on performance (difficulties and achievements).
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					

Resources



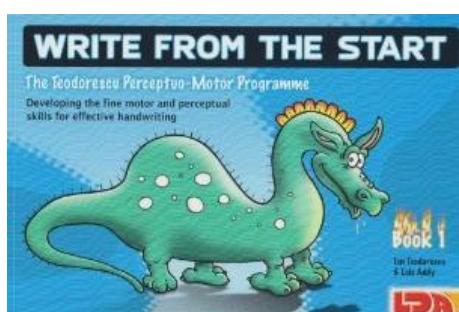
Beery VMI - My Book of Shapes - Contains 100 geometric paper-and-pencil exercises that preschool and reception teachers and parents may use with children to refine motor, visual and visual-motor activities development. The exercises help support early prevention of problems and provide an important foundation for the teaching of letter and numeral shapes in the first semester of reception.



Beery VMI - My Book of Letters and Numbers - Provides 100 exercises for use with students in the second semester of reception. The exercises use numeral and letter shapes so that the motor, visual and visual-motor skills children learn with geometric shape exercises can be successfully transferred to numeral and letter shapes they will use in school.

These are available from Pearson Clinical:

[http://www.pearsonclinical.co.uk/Psychology/ChildCognitionNeuropsychologyandLanguage/ChildPerceptionandVisuomotorAbilities/Beery-BuktenicaDevelopmental\(BeeryVMI\)/Beery-BuktenicaDevelopmentalTestofVisual-MotorIntegrationSixthEdition\(BeeryVMI\).aspx](http://www.pearsonclinical.co.uk/Psychology/ChildCognitionNeuropsychologyandLanguage/ChildPerceptionandVisuomotorAbilities/Beery-BuktenicaDevelopmental(BeeryVMI)/Beery-BuktenicaDevelopmentalTestofVisual-MotorIntegrationSixthEdition(BeeryVMI).aspx)



Write from the Start: The Teodorescu Perceptuo-Motor Programme

A unique approach to developing fine motor and perceptual skills, Write from the Start offers a radically different and effective approach to handwriting. Structured activities develop the muscles of the hand - so that children gain the necessary control.

<http://www.amazon.co.uk/Write-start-Programme-Perceptual-Handwriting/dp/1855032457>

or

<http://www.thedyslexiashop.co.uk/write-from-the-start-unique-programme-to-develop-the-fine-motor-and-perceptual-skills-necessary-for-effective-handwriting-3-volumes.html>



Kumon books

Kumon publish a range of books, including some useful ones on cutting skills and mazes. These are available from www.amazon.co.uk

Mazes/patterns/shapes

<http://www.education.com>

This site has a big selection of pencil skills worksheets, including shapes, mazes and dot-to-dots. You can select which age range you want resources for, so you can grade the difficulty of the worksheets.

<http://www.theteachingstation.com/go/pathway.cfm>

Handwriting patterns/pencil skills

<https://www.tes.com/teaching-resource/pencil-skills-pattern-cards-6301579>

<http://www.twinkl.co.uk/resource/t-l-154-pencil-control-worksheets>

<http://www.sparklebox.co.uk/literacy/writing/letter-formation/pencil-control.html#.VpjfNPmLR8w>

Scissor worksheets

<http://www.activityvillage.co.uk/cutting-skills-printables>

http://www.dltk-kids.com/crafts/miscellaneous/scissor_skills.htm

<http://www.twinkl.co.uk/resource/t-m-470-scissor-cutting-skills-workbook>

<http://www.sparklebox.co.uk/misc/other/cutout.html#.VpjfdfmLR8w>

Ruler worksheets: dot grid

Some good worksheets and guidelines can be downloaded at: <https://esl-literacy.com/community/showcase/using-ruler>

Some dot grids may also be useful. Search for “dot grid template”

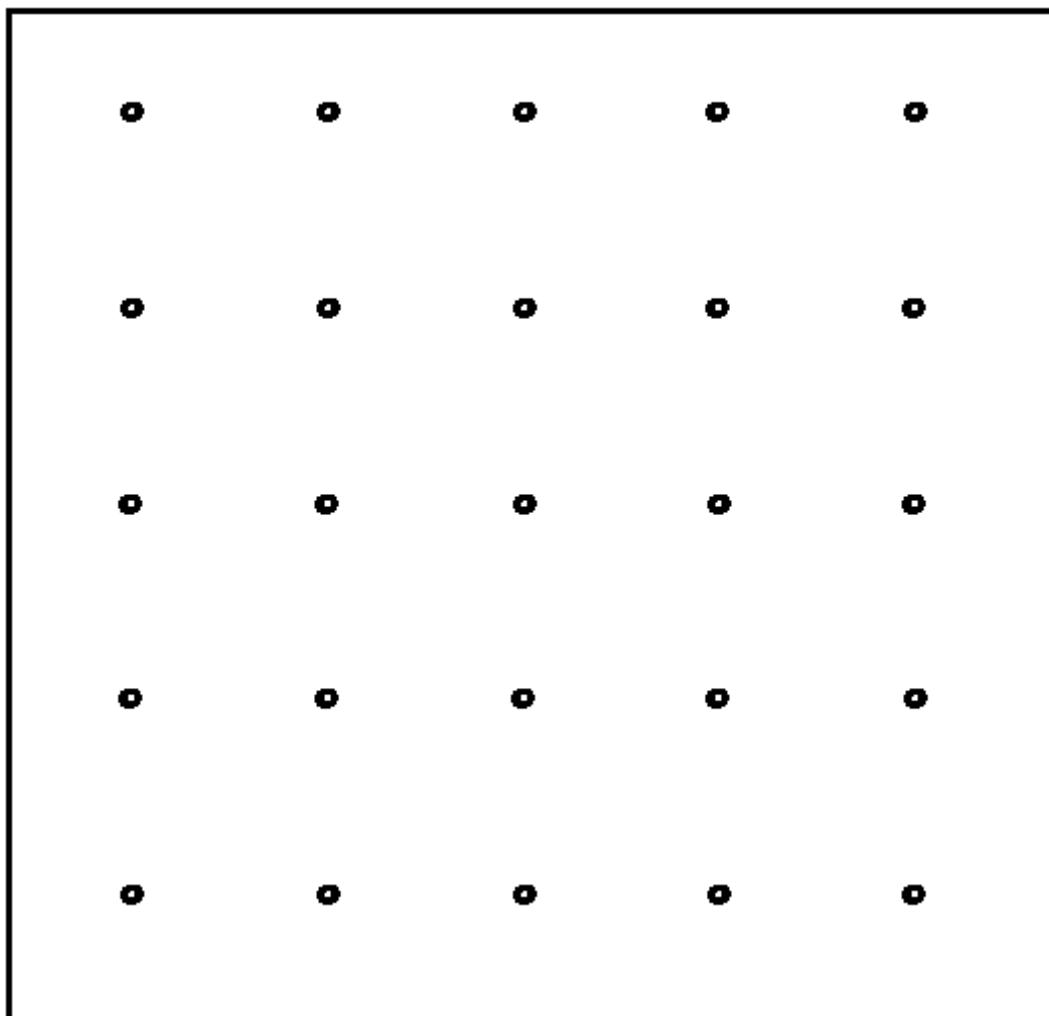
<http://www.printablepaper.net/category/dot>

Lacing cards

An internet search for “lacing card templates” should provide with a good selection of resources. Suppliers such as TTS (www.tts-group.co.uk) also sell lacing resources.

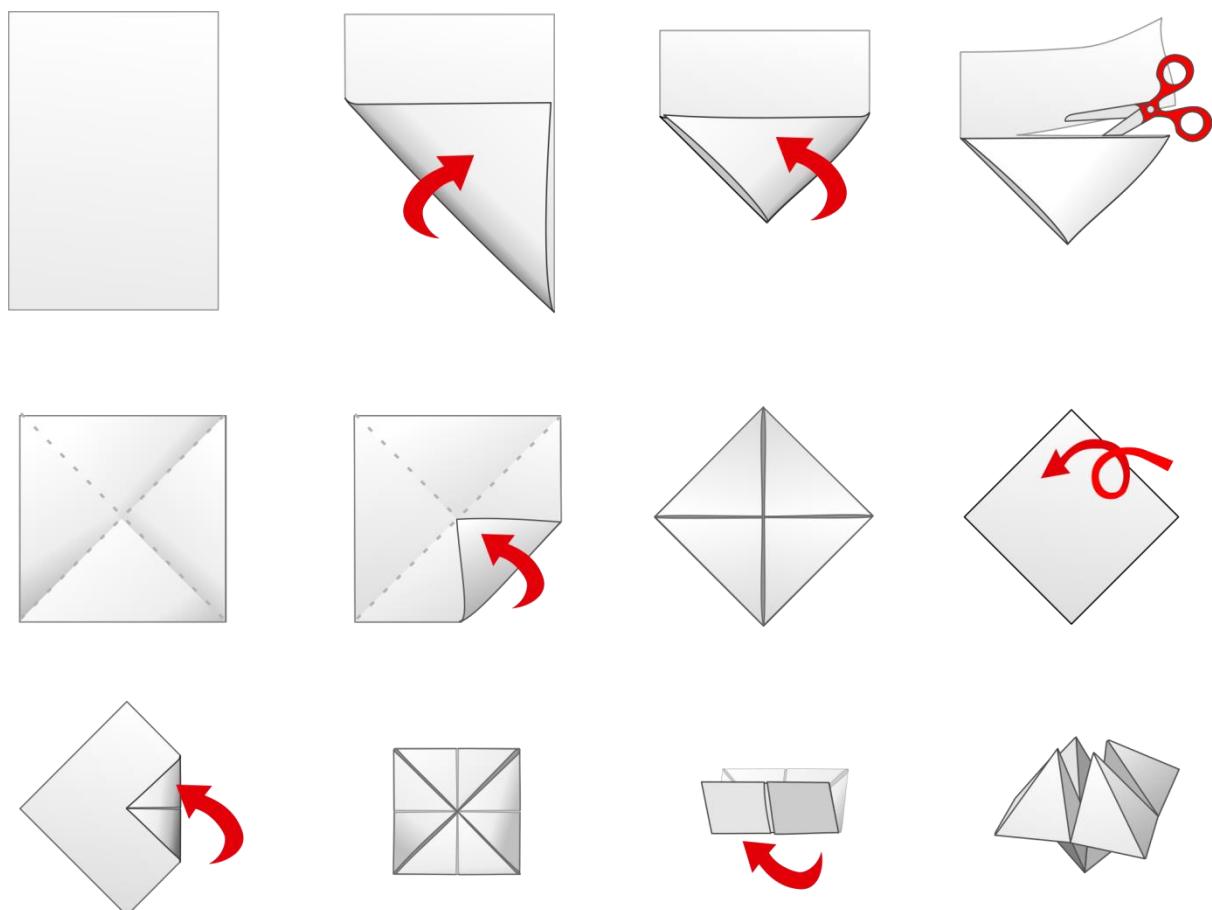
Dot grid template

5 x 5 Large Geoboard Dot Paper



Paper “fortune teller” instructions

Take a square piece of paper. Fold horizontally in half; open out then fold in half vertically. Open out and make a dot in the centre where the creases join. Bring the corners to the centre to make a smaller square. Turn the square over and do the same again to make the square smaller again. Fold in half horizontally then open out and fold in half vertically. Whilst still folded in half put thumb and index finger of each hand into each of the four flaps and open up and out to make a point.



Finger knitting instructions

46

Handy knits

Can't find any knitting needles?

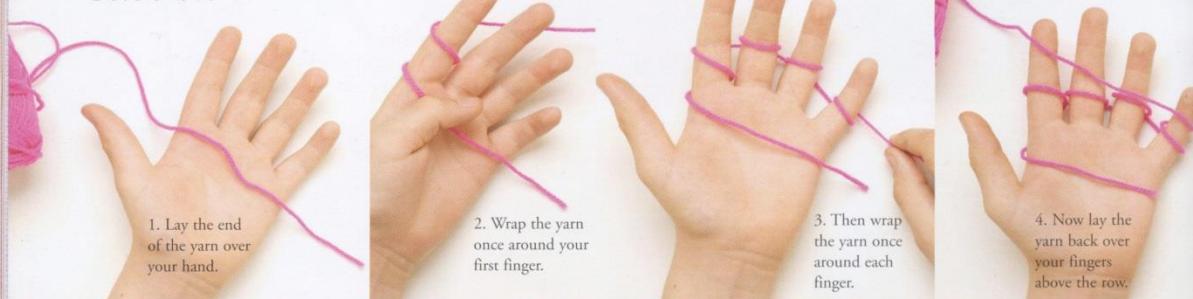
Then use your fingers instead. It's the handiest way to make brightly coloured belts and friendship bracelets.

You will need:

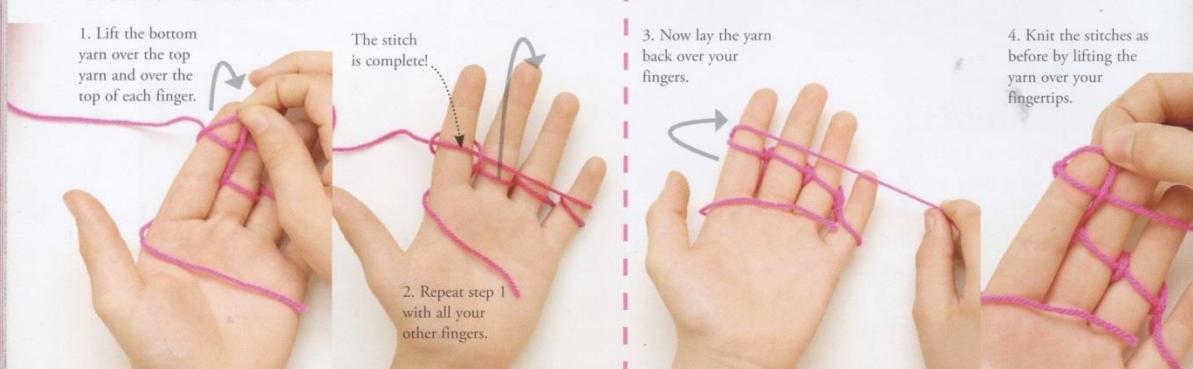
- yarns – thick or thin
- your fingers



Cast on



Knit a row...



Pull into shape Finish off



Knitting Nancy / French knitting instructions



Materials:

- Lolly sticks
- Tape
- Toilet rolls
- Wool

Method:

- Mark each lolly stick 2.5cm from the top.
- Now tape each lolly stick to the toilet roll at equal intervals with 2.5cm sticking up at the top.
- Secure the lolly sticks with tape.
- You are ready to French knit.

Optional:

Cover the body of your knitting machine with coloured contact or patterned paper.

How to French knit:

- Thread the end of the ball of wool down through the cardboard tube, so that about 5cm is sticking out at the bottom. This will be your 'leader'.
- Now loop the wool around each stick, making sure the wool goes to the inside of the French knitting machine each time (see video).
- Continue to wind the wool around the top of the spool until you have two loops on each lolly stick.
- Pass the bottom loop over the top loop on each stick. Pull down on your leader to tighten the knitting.
- Continue looping the wool around each stick until there are two loops on each stick. Pass the top loop over the bottom loop.
- It won't take long for you to start getting a nice tail of knitting out of the bottom of your Knitting Nancy/French knitting machine.