



Encouraging Early Writing Skills

A child's thumb, index finger and middle fingers all make up the ideal grasp for pencil grip. This is often referred to as the "Tripod Grip." In order for children to be able to grasp and control a pencil, they need to first have good core stability, shoulder and arm strength. This leads to the development of strength needed for mark making in the hand and fingers.

What are gross motor skills?

Gross motor skills involve whole body movements. For some children, it is important that they get additional opportunities to develop their gross motor skills, leading to the development of the coordination of their muscles. These skills are important as they support, balance, coordination, reaction time, physical strength and core stability.



Below are some examples of activities to promote the development of gross motor skills

- On a large sheet of paper make large circles in an anticlockwise direction, starting at the top, make them smaller and smaller. Tell the child to press harder and softer, draw faster and slower, and press harder and lighter.
- Draw in the air using a scarf.
- Watering plants.
- Scooping, pouring, emptying malleable materials such as sand, water, lentils, rice, pasta etc.
- Rolling over a peanut ball or yoga ball, tummy down with arms out in front.
- Wheelbarrow walking (walk forward on straight arms whilst support given at the legs).
- Obstacle courses.

