

Exercises & Pencil Hold

Making bodies stronger

- Use the Animal Positions to help your child build the physical strength for writing
Eg Lizard position to read, write, colour or for screen time
Eg Meerkat position for reciting times-tables
- Build strength with floor/chair push-ups, pull-ups on monkey bars, the plank
- Develop dexterity and manipulation using knives & forks, scissors, playdough, plasticine

★ Animal Positions build strength for writing



How? Kneel upright.
Arms by sides.



How? Legs crossed. Sit upright.
Hands rest on knees.



How? Feet hip-distance apart.
Arms by sides.



How? Legs straight and together.
Arms support upper body
(elbows under shoulders).



How? Back horizontal.
Arms/thighs vertical.

Holding the pencil

- Use the Pencil Song to practise Pencil Pick-up and the Pencil Checks
- Use slim, triangular shape pencils and crayons (they help correctly position the 3 Friends and suit the size of children's hands)
- Remind your child to keep checking their 3 Friends Pencil Hold

The Pencil Song

To the tune of the Hokey Cokey

