

Fine Motor Skills... Write Out of the Box!®

WORKSHOPS - KEYNOTES - E BLASTS - PRODUCTS

Presented by:

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3 H's:

H1

H2

H3

Types of Pencil Grasps: Efficient vs. Inefficient

Appropriate Pencil Grasps (3)

- Mature, Dynamic Tripod (4.5-6 years): ***Will naturally occur if precision muscles are properly developed**



- Static Tripod:



- Adapted:



Inefficient Pencil Grasps (infinite)

- Fisted:



- Thumb Wrap:



- Thumb Tuck:



- Quad:



- Index:



***Aha! Moment:**

Prerequisites/Activity Ideas for Holding and Managing a Pencil

- **Head and Neck Stability**
- **Trunk Stability:** Must have this to use two arms effectively in activities. Look for "W"-Sitters. Encourage side, long, and tailor sitting. Allow for sitting options at circle time, be flexible because your students may not be!

Activities: Gross motor play, snowball, superman, exercise ball, sock pull, hand presses

- ***Shoulder Stability: This is critical! Allows for control of arm, hand, and fingers.**

Activities: Push-ups, rocking on all fours, wheel barrow, crab walk, **use of vertical surface**

- **Forearm and Elbow Stability:** Supports wrist hand and fingers appropriately.

Activities: All above plus, one-handed marble retrieval out of putty

- **Wrist Stability:** Allows for dynamic movement of fingers as in holding a pencil and writing.

Activities: All above plus jar lids, Wheelo, Chinese yo-yo's, Twisty Puzzle

- **Grasp and Release Patterns:** Promotes strength and timing coordination of hand use.

Activities: Squinters, squeeze balls, worm ball, hole punch

- **Isolated Finger Control:** Students realize they have 10 fingers and not just two paws!

Activities: Jumping frogs, spin tops, Lite Brite, stringing beads, wedges, "I love you" sign, clothespins

- **Web Space:** Maintain "O" shape with thumb and index.

Activities: Zip Lock bags, "Straw Wars", putty balls (just using thumb and index)

- **Palmar Arches:** Hands can "cup".

Activities: shake dice and jingle bells, rubber bands, "more" sign, mini slinky

- ***Separation of Hand: Critical! The two halves of the hand have different jobs.**

Activities: Sparky, Animal Grabbers, spray bottles, using scissors, snapping fingers, wind-up toys, spin tops, crayon stubs, mini hole punch, mini locks, tweezers, tongs, picker-uppers, pillows, etc...

Busy Fingers (3):

Sleeping Fingers (2):

Pillow: cotton ball, pom pom, make-up wedge

<p style="text-align: center;"><u>Fingers and Pillows</u> <u>(sung to tune of Oh My Darlin')</u></p>

- Song available in English and Spanish at www.writeoutofthebox.com

Register at www.writeoutofthebox.com to receive:

- Information about having an up to 6-hour Write Out of the Box workshop at your district, school, or facility - See the Workshops page on the web site for more details!
- E-Blasts with educational tips for teachers and parents
- Product discounts on fabulous fine motor products
- Access to a resource to share with parents on fine motor development and downloadable "handy" handouts