

Fine and Gross Motor Activities

Pencil Control

&

Strengthening

April 22, 2020



Fine & Gross Motor Activities
All Ages & Abilities
Lesson: April 22, 2020



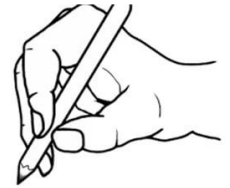
Objective/Learning Target:
Improve pencil control to improve handwriting.
Core, upper extremity and hand strengthening



Pencil Control



- Pencil control is the foundation of handwriting
- Pencil control is key to being able to quickly and legibly complete classroom assignments.
- Holding the pencil correctly is important!
- A dynamic tripod is the most efficient grasp.
- Hold the pencil on the painted part of the pencil, not on the sharpened portion.



Dynamic-Tripod



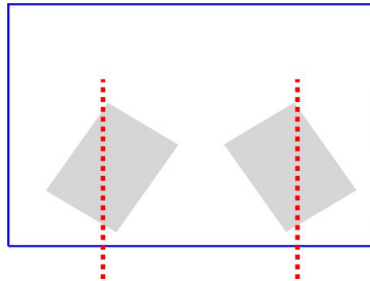


Tips



- Make sure the side of your hand and forearm is in contact with your paper or table. No floating hands!
- Use your helper hand to hold the paper still. Wiggling paper makes everything sloppy!
- Use a vertical or slanted surface.
- Angle your paper to improve your ability to see what you are doing and improve fluent movement across the page.

Left handed



Right handed



Practice



- Doodling is a great way to work on pencil control.
- Practice making circles, vertical and horizontal lines
- Mazes help refine pencil control while moving across the paper with a visual map. Printable mazes are available online or you can make your own.
- Dot to Dots improve the ability to move short distances on the paper and also improves the visual ability to see the whole picture.
- Tracing lines across the page improves crossing midline smoothly, a skill needed for writing and reading.
- Coloring improves control and endurance by strengthening the muscles in your hands.





Improve Strength



Improving your core, upper extremity, and hand strength will improve your writing skills. The stronger you are the easier it will be!

EXERCISES FOR KIDS



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges



6. Running



7. Stretching



8. Bridge Lift

