

Top Tips for Developing Pre-Writing Skills

Gross Motor Skills

These activities will support the development of gross motor skills and developing strong shoulder and elbow movement, wrist grip and finger control.

Mixing

Use tools like a whisk or a spoon in play or real-life contexts, such as baking.

Encourage the whole movement to come from the shoulder down the arm, and so strengthening the wrist grip.



Throwing, Catching and Lifting

Use a mixture of underarm and overarm throws to throw a variety of objects with different weights, e.g. beanbags and balls.



Painting

Use large-handed paintbrushes and rollers to paint or roll water on a large scale, e.g. onto the playground or washing the windows.



Riding a Bike

Similar to climbing, riding a bike provides opportunities for using different muscles in the arms and hands.



Fine Motor Skills

These activities will support the development of fine motor skills and developing wrist pivots and strong hand muscles needed when forming letters.

Threading

Thread beads onto a pipe cleaner, cereal hoops onto a skewer, pasta onto string or pipe cleaners through a colander or sieve. These activities are all great for hand-eye coordination, too.



Playdough

There are many skills to practise and develop through using playdough! Rolling, pinching, squeezing, squashing and manipulating are all lots of fun with playdough or salt dough.



Peeling

Peel the backs off stickers or peel fruit at snack time.



Messy Mark Making

Use fingers to mark make in messy materials such as paint, shaving foam or sand. Introduce a mark-making tool such as a paintbrush, ensuring they hold it with the correct grip for their age.



Scissor Skills

Practising how to hold scissors, snipping, following cutting lines and cutting different materials e.g. playdough, paper or card.

