

## Early Writing Tips

Children need to develop lots of different muscles in order to write.

Here are some activities to help develop different parts of the body to get young children physically ready for writing.

**Push, pull and carry objects** – Push a broom and sweep, push and pull a basket/box with a toy in it and give them a trip around the house, push cars along the carpet and pull them back. Carry toys around without dropping them. Balance soft toys on the head and see if they can keep them from falling.



**Move like an animal** – Use your whole body to move like different animals – frog, bird, snake, elephant etc.

**Obstacle courses inside or outside** – Chances for children to crawl, walk, run, hop, jump, skip, balance.

**Air writing** – Use the entire arm to make big shapes, patterns and pictures in the air.

**Dancing** – Use the whole body to dance to rhymes and songs.

**Transporting with fingers, scoops or spoons** – Move items from one container to another, you could make it a race and see how quickly they can do it.



**Play dough** – If you have access to playdough or can make it at home then use hands to pat, roll and squeeze it. This will help develop hand strength. If you don't have playdough, try scrunching up scrap paper or newspaper into balls.

**Threading** – You could use string, wool or shoelaces to thread beads, cheerios or hollow pasta. You could also thread the string through a colander.



**Buckles, buttons, zips and Velcro** – Get children to practice opening and closing these different fastenings to develop control and strength in their hands and fingers.

