

# Kinetic Letters

## Helping your child at home with writing

### Making bodies stronger

Lie on tummy on the floor to read, write, play on electronic games, watch TV

Sit on the floor to play

Chair push-ups, pull-ups on monkey bars, the plank

Using scissors, knives and forks, playing clapping games

Using playdough and plasticine – rolling, pinching, squeezing using different parts of the hand

### Holding the pencil

Practice picking it up

Learn and practice the Pencil Checks

Use optimal sizes and shapes of writing tools (small diameter with triangular cross sections)

### Learning the letters and their families

#### *Lower-case letters*

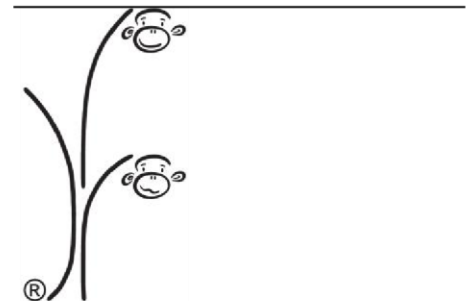
Jumper Family	h n m b r p
Abacadabra Family	c a o d s q g
Window Cleaner Family	l t i u
Fisher Family	y j f g
Squirter	e
Slider family	k v w x z

#### *Upper-case letters*

Straight lined group	I L E F H T
Curved line group	C O S G Q
Lines with Curves group	D P B R J U
Sliding lines group	A M N K W V Z X Y





### Using the tree

When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their proportions.



## Kinetic Letters - Animal positions

Below are the animal positions we use in school to help strengthen our bodies. We would appreciate if you could also continue these at home where possible. We have provided some ideas of when they could be used. If you can think of anymore, that would be brilliant!

<p>Penguin</p> 	<p>How? Standing tall and straight with feet together both arms by your sides.</p> <p>When? Standing in queues.</p>
<p>Meerkat</p> 	<p>How? Kneeling up on knees and feet together and arms by your sides.</p> <p>When? Watching TV, kneeling up at a table to read, play etc.</p>
<p>Lizard</p> 	<p>How? Lying on your tummy, legs and feet together, propped up on elbows.</p> <p>When? Watching TV, Using a tablet, reading a book, writing or drawing.</p>
<p>Stone Lion</p> 	<p>How? On your hands and knees, knees and feet together.</p> <p>When? Crawling around.</p>
<p>Bear</p>	<p>How? Sitting on your bottom with legs crossed and hands on your knees.</p>



When? Watching TV, reading a book.

## Finger workout rap



Strong thumb workout.

In out, in out.

Holding Fingers workout.

In out, in out.

3 Friends workout.

In out, in out.



## Pencil workout rap



Do your pencil workout.

In out, in out.

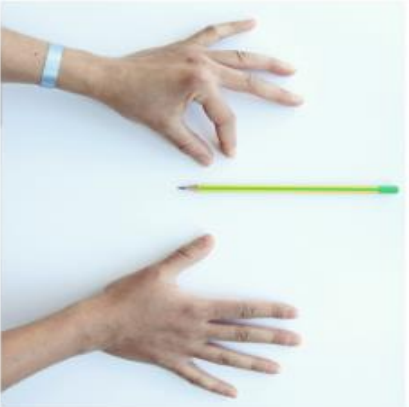
Roll it away

And roll it back.

Walk them up

And then down.

# Pencil Song – In the tune of Hokey Cokey



You get your Holding Fingers ready  
And pick your pencil up  
You tip it back  
To lay across your hand  
You put your Pillow Finger under  
To keep poor Curly safe  
That's your 3 Friends Hold

Holding Fingers opposite  
Can you see some green leaf?  
Pillow Finger under.  
Pen back.  
Wrist bent.  
Hand rests down.