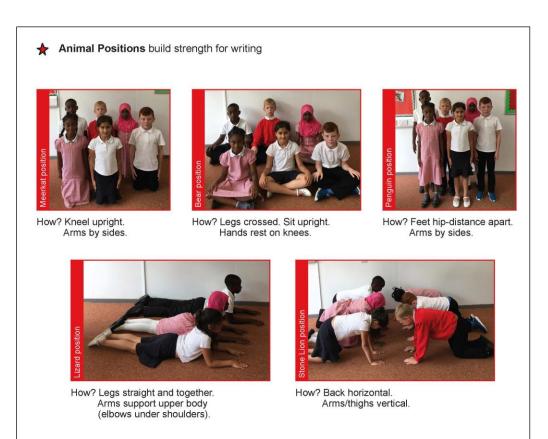
Kinetic Letters® - Helping your child - exercises and pencil hold

Making bodies stronger

- Use the Animal
 Positions to help
 your child build the
 physical strength for
 writing
 Eg Lizard position to
 read, write, colour or
 for screen time
 Eg Meerkat position
 for reciting times tables
- Build strength with floor/chair push-ups, pull-ups on monkey bars, the plank
- Develop dexterity and manipulation using knives & forks, scissors, playdough, plasticine



Holding the pencil

- Use the Pencil Song to practise Pencil Pick-up and the Pencil Checks
- Use slim, triangular shape pencils and crayons (they help correctly position the 3 Friends and suit the size of children's hands)
- Remind your child to keep checking their 3 Friends Pencil Hold

