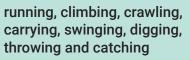
Before I Can Write, I Need To...

Develop Physical Skills

It is essential that children develop their physical skills to help them feel ready to write.

These skills can be developed through:





pinching

colouring, tracing, threading, building and cutting





making various large and small movements

improving posture



squashing and squeezing

developing spatial awareness



combining and refining fine and gross motor skills into purposeful mark making

crossing the midline





pushing and pulling

improving bilateral coordination



strengthening all muscles, including hand muscles building shoulder, hand and wrist strength

